

**5K TRAINING GUIDE** For Every Goal P85

# RUNNER'S<sup>®</sup>

WORLD

MAY 2015 £4.50

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## SLEEP BETTER TONIGHT

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BREAKFASTS  
FOR RUNNERS**





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Ian Montgomery



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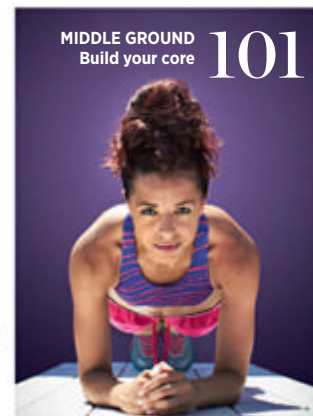


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## RAVE RUN

📍 Momi, Fiji

📷 Steve Boyle 🏃 Kristen Kelly

Colourful homes and rutted tracks lined with sugarcane trace the western coast of Viti Levu, Fiji's largest island. 'Kids and farmers would yell the Fijian greeting, "Bula!" as I ran by,' says Kristen. 'Fiji is the friendliest place on earth.'





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One year after my marathon-trauma stress-fracture disaster I've left the wheelchair far behind and am running joyfully (and without a watch) every other day. I've fully reconnected with my love of running.



I recently ran the Kinvara Rock and Road 10K, in the west of Ireland, the first time I've run the distance in a race. After the Bath Half the previous week it was a treat to turn up and be done in time for a noon Guinness.

## CONTRIBUTORS



### Alex Hutchinson

The science journalist ran for Canada, has a PhD in Physics and worked on quantum computing for the US National Security Agency. Who better to reveal the scientific formula for the mythical sub-2:00 marathon? **p66**



### Matt Inman

The cartoonist behind online comic *The Oatmeal* and bestseller *The Terrible and Wonderful Reasons Why I Run Long Distances* (Andrews McMeel) takes an irreverent look at the Dos and Don'ts of your first marathon. **p76**

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## FROM THE EDITOR



### April always feels

like a good month to be a runner. Spring has sprung, while the institution that is the London Marathon means running is exposed to the general

public in all its glory. There's no doubt that completing a marathon is an incredible achievement and, as ever, the streets of the capital (and other places), will be the focus for countless stories of inspiration and remarkable charitable feats. (I'll be toeing the line in London myself as part of the RW Pace Team, helping others to have a smooth and memorable 26.2 miles.)

But running is not just about the marathon. Part of the beauty of our sport is its breadth – there are almost as many reasons to run as there are runners themselves. Read *How running changed my life* (page 50) for readers' own stories of what motivated them to start running, and the transformative effect it continues to have on them. You don't even have to race to be considered a runner, as our feature *Stay the course*, on page 64, shows. But if you fancy a 5K this summer, turn to our training guide on page 85 – the 3.1-miler is the perfect distance for beginners and experienced runners alike.

Finally, we look at the fast-growing popularity of run-commuting on page 58. It's a three-birds, one-stone situation; you save time and cash, and get fitter, in one fell swoop. Give it a go, and enter a brave new world where road closures and traffic congestion have no meaning.

**Andy Dixon, Editor, @RW\_ed\_Andy**

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# Warm ups



## A RUN OF GOOD LUCK

**It's not scientific, but your lucky charm may help you race well.** A study from the University of Cologne found volunteers allowed their talisman while doing a memory test performed better than those not allowed to keep theirs. 'It's all about self-belief,' says professor of psychology Andy Lane. 'For example, "I wore green socks when I got a PB, so to get another I need green socks." There's no rational reason why they'd be better, but if you believe they'll help you, they probably will.'

Words **Sam Murphy** Photography **Hearst Studios** Image manipulation **Colin Beagley** Socks **Falke Run Ergo, £11.50, falke.com**



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## Run-walk works

Walk breaks won't add to your time – much

Got a marathon coming up but haven't trained as well as you had planned? Opting to walk-run won't make much difference to your time, suggests a new study published in the *Journal of Science and Medicine in Sport*. Researchers compared runners of similar ability who were assigned to run or run-walk a marathon. The average finish time among runners was just seven minutes faster than the run-walkers. The run-walkers also reported less muscle pain and discomfort, and recovered quicker. For more on run-walking, turn to p93.

**PICK UP STEAM**  
Put your foot down once in a while

# HARD DRIVE

When runners do intervals, it's usually at one speed – say, 5K or 10K pace. But is there any point to simply running as hard as you can? Researchers at Murdoch University, Australia, set out to answer this question and their results suggest the odd killer workout is useful. The study compared sets of paced three-minute reps with maximum efforts of the same duration and found the overall amount of time spent above 85 per cent of  $\text{VO}_2\text{max}$  – a key driver of endurance adaptations – was greater in the all-out set. However, the volunteers' speed tailed off dramatically as the workout progressed and their rate of perceived exertion was far higher, which isn't good race preparation – so don't floor it on every set of intervals.


## JARGON BUSTER PLYOMETRICS

These are explosive exercises in which the muscle is 'pre-loaded' with an eccentric (lengthening) contraction to create a more forceful and rapid movement. (For example, bending your knees deeply before you perform a vertical jump.) Plyometrics have been shown to benefit running economy.

## Run maths Short and sharp

$$4 \times \begin{array}{c} \text{5} \\ \text{MINS} \end{array} \text{ OF}$$

10-20-30 TRAINING


$$\times \begin{array}{c} \text{2} \\ \text{A WK} \end{array} \times$$

$$\begin{array}{c} \text{8} \\ \text{WEEKS} \end{array} = \begin{array}{c} \text{38} \\ \text{SECS} \end{array} \text{ OFF 5K TIME}$$



# BEFORE EXERCISE.

# DEEP HEAT IT.



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a medicine. Read the label.

**DEEP HEAT**



# AFTER INJURY.

# DEEP FREEZE IT.



Deep Freeze Cold Spray  
is a medical device.

**DEEP FREEZE**



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1

**HAMSTRINGS**

**The classic** From a standing position, bend one leg; straighten your other leg and push your hips back.

**The tweak** Sit tall on a bench.

Straighten one leg. Stop when your back starts to lose its lumbar curve, and hold this position. Do both sides.

**The payoff** This move isolates the hamstrings, as it doesn't allow the pelvis and lower back to sag.



3

**CALVES**

**The classic** Stand facing a wall with your feet shoulder-width apart, hands on the wall. Lean in, maintaining foot position.

**The tweak** Make your feet pigeon-toed, drawing up your arches and keeping your knees straight.

**The payoff** This position 'locks' the feet for a better stretch of the calf muscles (the gastrocnemius, in particular). This is important if you overpronate or have flexible feet that tend to collapse in and take the stretch away from the calves.

**HIP FLEXORS**

**The classic** Start in a lunge position, front knee at 90 degrees and rear knee on the floor. Curl your pelvis under, flattening your lumbar curve, then take your weight forward onto your front leg to feel the stretch in the front of the rear leg's hip.

**The tweak** Raise the hand on the rear-leg side into a 'stop' position and side flex towards the front leg (1). Rotate your trunk towards your rear leg (2). You should feel the stretch in the front of the rear leg.

**The payoff** The rotation is more functional for running. It also lengthens the muscles along the front of the spine, which can get very tight in runners, drawing you into a slouchy posture.

2

**GLUTES**

**The classic** Sit on the floor. Cross one leg over the other, placing your foot on the outside of the opposite thigh.

**The tweak** Sit on a bench. With perfect posture and a good lumbar arch, cross one leg over the other, placing the foot on the outside of the thigh. With good posture, pull your crossed knee to your chest to feel a stretch in the buttock. Do both sides.

**The payoff** This stretches the glutes in a more functional way for running by keeping the pelvis in a neutral position.

Simple tweaks will squeeze extra benefits from these four classic stretches, says physiotherapist **Alison Rose**

# STRETCH YOURSELF

+

HOLD EACH STRETCH FOR 30 SECONDS AND REPEAT THREE TIMES.

4

(1)

(2)





//25.10.15



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## Skim it off

**Dear dairy: I lost weight!**

New research beefs up the benefits of dairy for runners who need to refuel but want to limit the calories. Volunteers exercised for 30 minutes, then drank either 600ml of skimmed milk or diluted orange juice. When the volunteers ate, an hour later, the milk drinkers consumed an average of 194 fewer calories, though both groups were equally hungry. The researchers, reporting in the journal *Nutrients*, suggest the casein and whey proteins in milk slow digestion and promote satiety.

## Asparagus, three ways

- 1/ Chop raw asparagus. Serve with peas, feta cheese, olive oil and lemon juice.
- 2/ Steam for 4-5 minutes and serve with a boiled egg.
- 3/ Coat a layer of 'fat' spears with olive oil, salt and pepper. Roast at 200C for 12-15 mins.

Try this

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# 6.6

**PER CENT OF RUNNERS IN A 100-MILE ULTRA DIAGNOSED WITH HYPONATRAEMIA (EXCESS WATER RELATIVE TO SODIUM IN THE BODY) AT THE FINISH. THESE RUNNERS WERE MORE LIKELY TO HAVE DRUNK TO A SCHEDULE THAN TO THIRST.**

LEG UP  
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will help take  
you further

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## How we ran it off

## 'WE'VE LOST 12ST BETWEEN US'

## Our old life

**Melissa:** I was always heavy, even as a child. It affected my confidence. I would comfort myself with food. I had zero portion control.

**Craig:** Overeating left me looking for XXL clothes.

I was so unfit I'd be worn out after just a short ride on the horse. My dad had suffered strokes, so I began to worry about my health.

**M:** In 2013 we went on a detox holiday in India.

We were desperate to lose weight, but we still packed a bag of mini Mars bars!

treadmill and managed two minutes. By the end of the week I was up to 17, and hooked. When I got home, Craig and I started doing laps of the park.

**C:** We downloaded a couch-to-5K plan. I like to have a routine to follow and a goal. When you complete that first 5K you just want to do it again.

**M:** Doing this together has made it so much easier.

When one of us was tempted by a takeaway, the other could be strong. If one of us didn't want to run, the other would point out how great we'd feel afterwards.

**C:** A friend told us about Parkrun. We couldn't believe it was free. It's become part of our routine – we've both done over 60 of them and taken chunks out of our PBs.

## The turnaround

**C:** The trip was a turning point for us. We had a full medical assessment and learned about the effect different foods have on the body. Something clicked and we put the advice into action when we got home.

**M:** Exercise was a big part of the process. We had hated slogging away in the gym, but then we learned how short bursts of high-impact activity could aid weight loss.

**C:** Diet-wise, the biggest change was having regular meals. And not trying to starve ourselves. We began to make dinner together from scratch.

**M:** Friends and family were sceptical at first. They had seen us fail many times. But when they saw the impact our new lifestyle was having, physically and mentally, they were supportive.

**M:** I discovered running by accident. I was on a business trip and the hotel's cross-trainer was broken. So I got on the

## The future

**C:** It's fantastic to feel fit and healthy, and have so much more energy. And I look so different; friends from school don't recognise me.

**M:** I love the fact that I can now achieve things such as running a half marathon. It makes me believe I can take on any challenge and succeed.

**C:** Running is a huge part of our lives now. When we go on holiday, the first things in the case are our trainers and running gear. Before we go, we look at where we can run.

**M:** We have always been close, but running has added a new dimension to our relationship. We support each other every step of the way.

## Fact file

**Names** Melissa & Craig Jenkins **Ages** 41, 40  
**Hometown** Crawley, West Sussex **Weight before** 17st 7lb, 18st 11lb **Weight now** 10st 5lb, 13st 11lb **Weight lost** 7st 2lb, 5st



## MELISSA &amp; CRAIG'S TIPS

**1/** A good nutritious breakfast every day is key, as it stops us reaching for the biscuit tin before lunch.

**2/** Remove temptation. If you don't have it in the house, you can't eat it.

**3/** Don't drive everywhere. You'll feel so much better getting your body moving in the fresh air.





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FROZEN OUT?  
Ice may no  
longer be nice

# THE END OF THE ICE AGE?

**Ice, for so long the first response** to a sports injury, may not be all its cracked up to be. Experts such as Dr Gabe Mirkin, the specialist credited with coining the acronym RICE (rest, ice, compression and elevation) now think ice may hinder the healing process. A recent study showed that applying ice to injured tissue restricts blood flow to the area – dampening the inflammatory response. Some say this response is a vital part of the natural healing process, but the debate continues. ‘I’m not convinced ice cools tissue down enough – or for long enough – to make a significant difference to inflammation,’ says physiotherapist Adam Meakins (spireperform.com). ‘And ice is great for pain reduction.’



If you use ice, short sporadic applications are most effective. Try 10-20 mins every four hours.



Whether you ice or not, don’t rest completely. Gentle movement acts as a repair stimulus.



Don’t apply heat to an acute or new injury if there is inflammation.

## Flex offender

Improve your range of motion to avoid injury

Are your ankles inflexible? If so, you could be on your way to an Achilles tendon injury. That’s the conclusion of a new study published in the *International Journal of Sports Medicine*. The researchers monitored injury levels among a group of military recruits undergoing intensive training, and found a link between ankle dorsiflexion range (the angle between the shin and the foot) and the development of Achilles tendon injuries. Specifically, a lack of range in the bent-knee calf-stretch position overstressed the Achilles, so make sure you include both a straight-leg and bent-leg calf stretch in your routine.



# 2.6

THE PERCENTAGE BY WHICH RUNNERS WHO WORE COMPRESSION SOCKS FOR 48 HOURS AFTER A MARATHON IMPROVED IN A TREADMILL TEST TWO WEEKS LATER. A NON-SOCK-WEARING GROUP GOT SLOWER.†



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Instant wisdom

# ‘Exercise because you love your body – not because you hate it’

Julia Buckley, fitness trainer and author of *The Fat Burn Revolution* (Bloomsbury)

## RUN FOREST, RUN

If you go down to the woods today...you'll be boosting your health. Running in a natural environment reduces stress, and research suggests forests are especially beneficial, possibly due to the effect of phytoncides, chemicals released by trees and plants. Studies on the Japanese art of shinrin-yoku, or 'forest bathing,' show that a walk in the woods can reduce levels of the stress hormone cortisol by 12.4 per cent more than an urban stroll. Pull on your trail shoes and you also get the benefits of running.



**Avoid distractions:** a study from the University of Michigan, US, found running in a forest while using an MP3 player, for example, left people less able to focus afterwards than nature-engaged peers.

WOOD WORK  
Answer the  
call of nature

# 70

THE PERCENTAGE  
OF REGULAR  
RUNNERS  
WHO HAVE  
EXPERIENCED  
A STITCH  
IN THE  
PAST YEAR

Source: *Sports Medicine*

## Keen with envy

Harness the green-eyed monster

Envious of your buddy's PBs? It could make you faster, say German researchers. 'Envy can increase personal effort, propel behaviour aimed at obtaining a desired object and shift attention towards the means to attain it,' they write in the journal *Personality and Social Psychology Bulletin*. But it has to be the right type of envy. When they distinguished between 'benign' envy – a desire to match another's success – and 'malicious' envy – a desire for that person's success to end – the researchers found runners who expressed benign envy did better in a marathon than those with less helpful feelings.



# GET UP AND GO.



SKECHERS  
**GORUN**  
4

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# HUMAN RACE

REAL RUNNERS, INSPIRATIONAL STORIES



## ‘I’m stronger than I knew’

Viviane Joynes ran over 2,000 miles across Europe to honour her grandmother, a Second World War refugee

**S**ome days, my body just didn’t want to know,’ says Viviane Joynes. ‘But my philosophy was that if I could put one foot in front of the other, I would carry on.’

That bone-weary feeling will be familiar to most runners, but Viviane’s body had more to protest about than most. On January 13, she completed an unsupported 2,387-mile run that took her through six European countries: she was on the road for 184 days.

The idea took hold in November 2013, when the 33-year-old City

consultant decided to take some time out from her career. ‘I needed a change and I needed a challenge,’ says Viviane. ‘I began thinking about the journey my grandmother had undertaken as a German refugee in the war and I decided to follow in her footsteps.’

Her grandmother’s story reveals that an adventurous spirit runs in the family. Ilse Herte Luise Smith grew up in Neurese, Germany (now Unieradz in Poland). Towards the end of the Second World War, the Soviet invasion forced her to flee her home. She and a pilot friend





**Clockwise from top left:** Viviane reaches the 3,000km mark, at Valencia; starting out from Unieradz, Poland; celebrating the finish in Tarifa, Spain, with her mum; Bob suffers an injury; and making a splash after an epic journey

escaped in a small plane, but crashed in a storm. Ilse woke up in a Red Cross station with only minor injuries, managed to get a plane to Flensburg, in northwestern Germany, then walked 186 miles south to the town of Celle.

Viviane has Ilse's written account of the journey: *'Having no home and no news of what had happened to my family, I set off to walk to Celle with another girl. We walked for three weeks, sleeping in haystacks, eating turnips and stealing milk. There were thousands of people on the move, as there were no trains or buses. Everyone was trying to find refuge or find their way home. I had blood blisters on my feet and had them bandaged at each Red Cross station.'*

'I wanted to honour the hardships my gran faced and the hardships others in similar situations face every day across the world,' explains Viviane. 'I chose to raise money for the British Red Cross because they helped her, and because of the incredible work they do today.'

Viviane's original plan was to run the 500 miles from Unieradz to Celle. But the more she researched, the more inspired she became by the awesome challenges other runners had taken on, so she decided to push the boundaries, organising a much longer challenge that took her through Europe, finishing in Tarifa, in the far south of Spain.

On July 15 last year, Viviane left Unieradz. She wasn't entirely alone. With her was Bob, a black and yellow

children's buggy that, fully loaded with her possessions, weighed 35kg. 'I looked either homeless or crazy,' she says.

Although Viviane had always been sporty, she took up running only a couple of years ago. 'I began to take running more seriously once I was planning the trip, but I also knew from my research on multi-day endurance challenges that people tend to build up stamina during the endeavour.'

Early on, Viviane covered 12-15 miles a day, but soon that ramped up to 20-25 miles. 'I'd usually reach my destination by early afternoon. Then I'd eat,' she says. 'I'd sort out my sleeping arrangements for the next day, write my blog, rest, explore, and connect with family and friends on social media. Then eat some more. I tried to take a day's break each week for proper rest and refuelling.'

Reaching Celle, which completed her grandmother's journey, was a profound experience. 'Seeing what she had seen, albeit in very different circumstances, was very special,' says Viviane. 'I was also elated that I'd completed my initial aim – going further was always just a bonus.' But as her days on the road accumulated, Viviane says that the miles became 'just numbers'. 'I would simply choose a place about 300 miles away and gradually reel it in.'

Viviane's strength and stamina held up well for the first half of the trip. But beyond the 1,500-mile mark, niggles began to bother her – first came iliotibial band syndrome, then Achilles tendinitis. 'I just had to manage the pain and inflammation as best I could,' she says.

Aside from the enormous distance, the terrain presented its own challenges. In France she found herself running along roads with no pavements or hard shoulder. Germany's wide cycle paths were a dream, but lugging Bob through forests and over Spanish mountains, on 'ridiculously off-road terrain' took its toll. 'I always knew it would be a physical challenge,' she says. 'But I hadn't appreciated the mental side. I've never been a loner, so when it's just you out there, day after day, pushing the limits, it can become extremely tough.'

On harder days, Viviane told herself that what she was enduring was nothing compared with what over 46 million displaced people around the world have to endure. 'While I had food, money and a roof – or a tent – over my head, they often have none of that,' she says.

And just as her grandmother's journey was made possible by the help of others, the kindness Viviane encountered constantly amazed her. 'From a bed for the night to a free meal, or just words of encouragement, the people were one of the highlights of the whole experience. In the entire six months I was on the road I had nothing stolen, even though I did sometimes have to leave my stuff unattended. There were a few unsettling encounters, but I never felt threatened.'

**'When it's just you out there, day after day, it can become extremely tough'**

After pushing and pulling Bob across Poland, Germany, the Netherlands, Belgium, France and Spain, Viviane reached her destination. 'The elation I felt is difficult to put into words.'

Viviane, who's now back in London, has raised over £10,000 for the Red Cross. 'It has been an amazing, life-affirming experience,' she says. 'I've learned that I'm stronger – mentally and physically – and more determined than I knew. I've learned that people are generally good, and that breaking large projects into manageable goals is essential to avoid that feeling of being overwhelmed. But most of all, I've learned that by taking ourselves out of our comfort zones, we can achieve more than we ever thought possible. This is genuinely where the magic happens.'

● [Vivrunseurope.com](http://Vivrunseurope.com)





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## WHAT IT TAKES TO...

# Turn a life around

In May 2014, RW ran a story about the charity SPAT (Social Purpose and Time), which uses running to help homeless young people find their feet. **Claude Umuhire**, a graduate of the inaugural programme, told us: 'I learned that if you want to change something you've got to get out and go after it.'

A year on, Claude is about to start a full-time job at the organisation, now renamed The Running Charity (TRC). 'It shows the programme works,' says Claude, who was homeless for eight months before he met the charity's founder, James Gilley, in September 2012. 'TRC teaches goal-setting – how you set small goals on the way to bigger ones,' says Claude. 'As I got fitter I could see that goal-setting worked for me physically and that I could apply the same template to other challenges, like finding a job and somewhere to live.'

Once Claude finished the six-month programme, he stayed on to mentor the next wave of participants. He became an instructor and in his new role, as Programme Coordinator, he'll be



SETTING GOALS  
Claude goes  
the distance



RUNNER UP  
A new role,  
a new life

managing TRC's London-based programmes, training volunteers and supporting the charity's expansion throughout the UK.

'The fact that Claude has made a success of himself is immensely inspiring to others,' says James. 'He understands every step of the process. He has that personal experience of the barriers that these young people face, and how to overcome them.'

When Claude started the programme, he felt 'locked away in a shell' with low self-worth and no confidence. 'I can see that in others,' he says. 'I've been there, so I can bridge the communication gap

and help them believe in themselves. It only takes one positive outcome to give you the motivation to keep pushing.'

Claude, now 24, has also progressed in his running. 'I have a wall with all my race numbers and medals on,' he says. He's running the London Marathon for TRC this month, aiming for a sub-4:00 finish. 'It's like things have gone full circle. I'm now working for the charity that helped me so much, helping other young people battling homelessness. It's great to be able to give something back.'

● [virginmoneygiving.com/claudeumuhire](http://virginmoneygiving.com/claudeumuhire)

## Be a hip op performer

**Mike Beckett** had always been active, until osteoarthritis struck in his 40s. 'It was devastating,' says the international trade advisor from Whalley, Lancashire. 'I went from taking part in every sport I could to barely being able to walk 100m.'

As Mike's lifestyle became increasingly sedentary, the weight piled on, exacerbating his condition. At 53, he decided enough was enough and opted to have a hip replacement. 'The idea of running never entered my head,' he says. 'I just wanted to be able to walk without pain.'

The operation went well and then a health MOT – which revealed he was dangerously overweight, with high blood pressure and cholesterol – gave him a wake-up call. 'I changed my diet and



SUNNY OUTLOOK  
Mike plans to  
keep running

started running on the treadmill, edging up the distance,' he says. His wife, Deborah, was amazed when he told her he had started running. But less than seven months later, fitter and slimmer than he'd been in years, he ran his first race – a 10K. Six months later he ran the London Marathon in 4:23, a time he's since bettered.

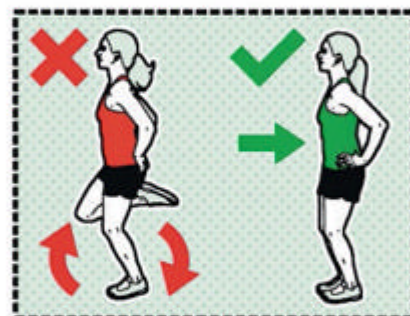
'I can't begin to tell you how much running has changed my life,' he says. Deborah now joins him for the odd 5K and even his hip

specialist is supportive. 'He says it's very good for my health, but it might shorten the 'shelf life' of the hip,' says Mike.

Mike will turn 60 on the day of the 2016 Virgin Money London Marathon. He plans to make it his last full marathon, but has no intention of hanging up his running shoes. 'I want to continue for as long as I can,' he says.

### The rules of running

## No 30: Stand still at red lights



Sharks die when they stop moving. Runners do not. Keep this in mind next time you encounter a red pedestrian light or busy junction. There's no need to dance from foot to foot as if you need to pee. Just chill. Then resume running.

● Extract from *The Runner's Rule Book* by Mark Remy (£11.99, Rodale Press)



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## INBOX

**Run for the joy of it**

Yesterday I ran two miles in 21 minutes. Nothing to shout about, but it was my first run in 13 weeks after an Achilles problem I thought may have meant the end of my running. The delayed onset muscle soreness has never felt so good! The half marathon I have planned for October is still a long way off but thoughts of chasing that elusive sub-1:40 have been cast aside. It's the sheer joy of running that is more greatly missed when you can't do it. Enjoy every step.  
*Craig Parkinson, Carlisle, Cumbria*



## LETTER OF THE MONTH

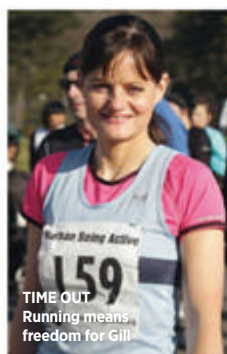
**Lose to gain**

Alex Thompson is 21 and has autism and dyspraxia. I've been his support worker for 12 years. In January 2014, Alex weighed over 22 stone, so he agreed to address his weight. He started running. With guidance from a friend and from articles in RW, he's gone on to complete 5K and 10K races, and a 15-mile run. Alex has lost four stone, increased his self-confidence and social skills, and made new friends. Running has opened so many opportunities for him.  
*Ralph Page, by email*

Why is it so costly to enter races? Running is a great sport for its simplicity and accessibility. It's a shame this ideology no longer fits a growing number of events.

*Paul Harris Sutton, Surrey*

**RW says** Have races become too expensive? Let us know

**The thought that counts**

Your feature *Write to run* (RW, March) got me thinking about why I value running. In short, running helps me think. As an academic, thinking is an essential part of my job. But it's surprising how the 'noise' of the modern world can clutter your mind and limit the opportunities to think clearly. I've lost count of the number of times a run has helped me clarify my thoughts. For those moments of outdoor liberation I am no longer a slave to the laptop or emails. I am reminded of my whole self – that I am a living, breathing, moving, feeling creature. I think, therefore I run.  
*Gill Aldworth, Brecon, Wales*

**A way to help the homeless**

Philip Morris asked whether unwanted foil blankets could be put to good use (RW, Mar). I volunteer at a homeless charity and believe the blankets could be useful, as they are light, small and highly effective. I suggest people look for their local homeless charity, which would, more than likely, be very glad to receive them.  
*Vic Bimson, Taunton, Somerset*

**Sporty 40**

At the age of 36 I decided I wanted to be fitter at 40 than I was at 30. So I started to run, just one or two miles under cover of darkness. It was slow progress, but I got up to four miles, entered a couple of 5Ks and nervously joined a local running club. Four years later, I ran the London Marathon. I have lost 1.5 stone and dropped two dress sizes. Also, my blood sugar and cholesterol levels have improved. All in all, turning 40 has not been bad at all.  
*Becky Witton, Peterborough, Cambs*

**The month in mail**

5

readers enjoyed *Member state* (RW, April) and extolled the benefits of being in a running club

18%

of letters told us receiving RW makes their day

1

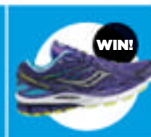
letter echoed Ian White's admission (RW, April) that he isn't yet enjoying running



*'I have *Runner's World* to thank for the constant motivation and for keeping my desire to run fresh,' says Jennifer Russell, serving with the Royal Navy on RFA Argus*

**What's inspired or annoyed you this month? The writer of the winning letter will receive a pair of Saucony ProGrid Hurricane 16 shoes, worth £110.\***

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# RUN WITH PURPOSE

Need motivation to lace up? Then get ready to #useyourrun with New Balance

**N**othing beats running for getting that powerful endorphin rush and this summer the feel-good factor is set to be multiplied

by New Balance, who have partnered with GoodGym.

'Do good, get fit' is the philosophy behind GoodGym, which is made up of running groups that help local communities in a variety of ways.

The premise is simple: you run to a 'mission'. 'A particular favourite was helping Jim the butterfly man build habitats for butterflies,' says 32-year-old David Gilbert, a member of GoodGym Camden.

'I love three things about GoodGym: running, socialising and helping. It's made me run more often, but more than anything I'm a much happier and nicer person as a result of being involved.'

## DIGGING DEEP

GoodGym 'missions' can involve anything from bagging compost to clearing leaves to painting community centres.



FIND OUT MORE AT: [NEWBALANCE.CO.UK/USEYOURRUN](https://www.newbalance.co.uk/useyourrun)

**new balance**





# Chris McDougall

The *Born to Run* author on his new book, natural movement and the true nature of heroism

Chris McDougall became a household name (and not just in runners' homes) with the publication of his book *Born to Run*, which was an international bestseller and helped to propel barefoot running into the mainstream. His new book, *Natural Born Heroes*, tells the remarkable story of resistance fighters on the island of Crete during the Second World War – uncovering the secrets of their athleticism, strength and endurance, and learning how to apply these skills in the modern world.

## How challenging was it to piece this story together?

The most vexing thing was trying to retrace the footsteps of fighters who were always on the move and so often did not really know where they were going. But they did take photos. There was a moment when my search partner and I located a hidden cave that we thought we recognised from one of those 60-year-old snapshots. We placed our heads in the same positions as two of the resistance fighters in the photo, and it matched up perfectly to cracks in the cave wall. That was a thrilling moment; we knew that we were on the right trail.

## Have you adopted any of the fitness 'secrets' that you unearthed while researching the book?

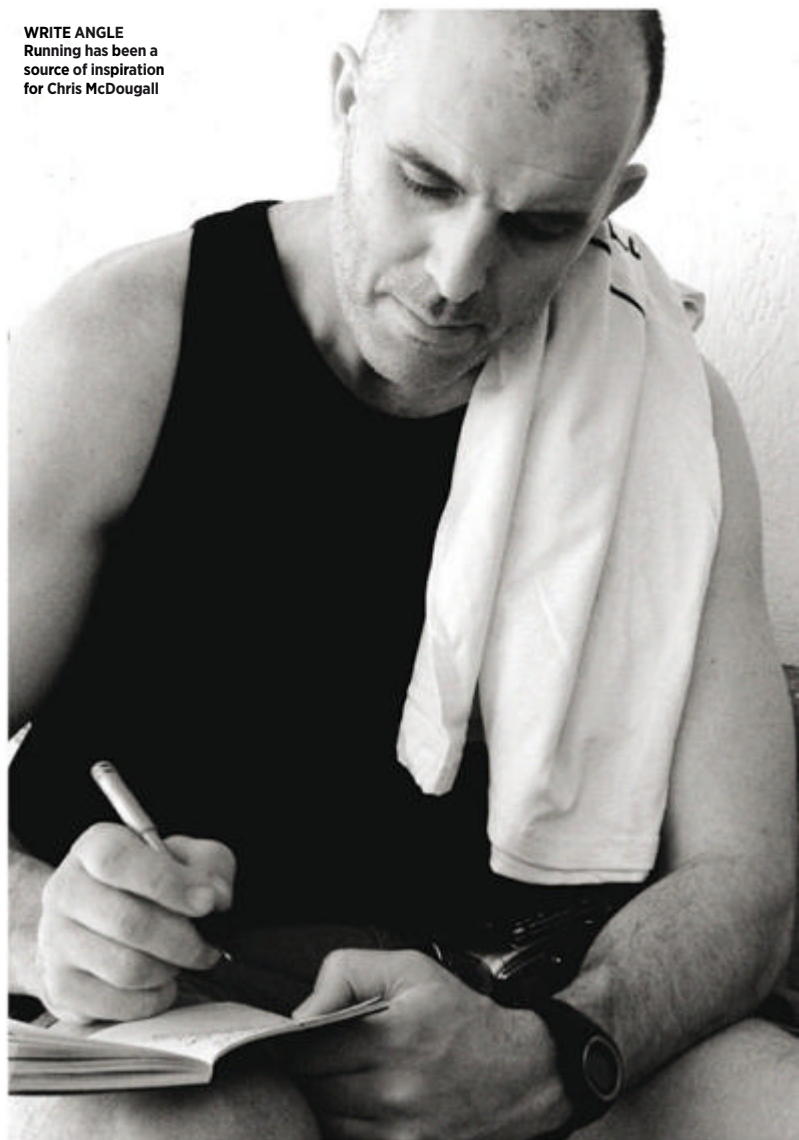
Natural movement and 'fat-as-fuel'. I was sceptical and a little sneering about Parkour before I tried it. But once I learned what the sport is really about I became a convert. It developed from the 'natural movement' system of the early 1900s.

The idea is to use your body's natural flexibility and agility to flow over obstacles and interact with your environment. It's non-competitive, so the only thing that counts is your own achievement. The moment you 'break' a jump that you'd been afraid to try, you feel like someone should release doves and sing your national anthem. I've also changed the way I eat and train, to get off the typical sugar cycle. And the results are amazing; 'fat-as-fuel' is now a daily part of my life.

## You recently turned 50. Do you feel you're getting fitter as you age?

Either I'm fitter or more forgetful. I feel like I've never been fitter in my life, but maybe I just don't remember my 20s that well. As a young journalist, I once interviewed a guy in his 50s for an article, and he said: "Your fifties will be the best time of your life. You're done with all the stupid shit. So if you're not dead, you're riding high on all the stuff you learned." That's the way I feel now.

**WRITE ANGLE**  
Running has been a source of inspiration for Chris McDougall



## In *Natural Born Heroes* you describe the resistance fighters as true heroes. Which athletes do you think embody heroism today?

Not to be rude, but honestly, most athletes that any of us has ever heard of are extremely well paid for playing a game. We've made the mistake of confusing heroism with wealth, beauty, fame, success – even self-sacrifice – and that has nothing to do with the classical Greek ideal at all. Hero means 'protector', and to the ancient Greeks, that was all about learning how to be strong, skilled and compassionate. It's not easy to find many examples of these virtues in modern sport.

## Do you still run barefoot?

All the time.

## What's your take on the growing trend for 'maximal' running shoes?

It's all about selling merchandise. You'll notice the big shoe companies never

promise anything. They say who the shoe is for, but never say what it is supposed to do. I've never given a hoot about shoes. The secret is dialling in your form, and then you're free from all the marketing hooley for the rest of your life.

## How's the film adaptation of *Born to Run* coming along?

The script is underway now and, from what I've read, it looks terrific. Matthew McConaughey is confirmed to star as Caballo Blanco (the ultra runner who became the elusive central character at the heart of the book). And if you've seen him in [crime drama] *True Detective*, you'll know why – he's perfect.



Chris McDougall's *Natural Born Heroes* is out on 16 April (Profile Books, £16.99)



# THE FINAL PUSH

The #asics262 recruits are fast approaching the home straight in their spring marathon training. Find out if they're on target and get advice from the experts for your own training

**W**ith 10 training weeks already ticked off, six to go and slap-bang in the heart of the high-mileage weeks, late February also signalled the final training day in the #asics262 calendar. In a little over six weeks our five marathon hopefuls will be running through the elegant boulevards of the French capital in one of Europe's biggest 26.2s.

With the Paris Marathon looming – it takes place on April 12 – there was no time to waste, so coaches Sam Murphy and Steve Smythe put the #asics262 recruits to the test in their longest run yet around London's Battersea Park.

Training Day 2 wasn't just about training the body, but training hearts and heads too, so sports psychologist Victor Thompson joined the team to talk mind matters.

With their marathon dreams in reach, there were big questions: would physio Sarah give sub-3:30 runner Tim the all-clear to run again after his injury? Does first-timer Tony have more in the tank following nutritionist Ruth's strict 4pm Weetabix regime? Find out how the runners are finding the #asics262 treatment over the page and get more updates, plus advice for your own training, at [runnersworld.co.uk/target262](http://runnersworld.co.uk/target262).







## PROGRESS CHECK: COACH SAM MURPHY

'Tim is grinning like a Cheshire cat after discovering that a) he can run long without pain and b) he's maintained a high level of fitness through cross-training. His return to marathon mileage is steeper than we'd like, but there's still everything to play for. Tony is getting fitter and stronger all the time. He's now run his first ever 20-miler and I'm confident that he can achieve a sub-4:00 debut, as long as he doesn't get carried away. Andrea has been a star, too, achieving all paces and executing sessions like a real pro. She is in 4:20 shape - and I hope her forthcoming half marathon will provide a confidence-boosting confirmation of this.'

**'I find pacing during the faster endurance sessions the hardest. I know that I have to be having a good day to achieve the targets. Equally, I know that these have been vital for the improvement in my fitness and I have no doubt that they were one of the contributing factors for my recent PB in the half marathon.'**  
Sub-4:00 runner Amy Roach

## PROGRESS CHECK: COACH STEVE SMYTHE

'Tom had a calf injury a few weeks back, which meant that he missed some training, but he's back on form and got a PB of over five minutes at the Brighton Half recently. Today was his best ever training run - he ran 22.7 miles inside 7:30-minute miling. He couldn't be in a better position to

break a sub-3:00. Amy did 20 miles today - her longest run so far - and she had a blinding run. Like Tom, she was following on from a PB at the half, where she broke 1:40, a speed that is way in excess of where she needs to be to break four hours in the marathon.'



*Find out how the runners are finding the #asics262 experience ►*



## OUR #ASICS262 PROGRESS REPORTS

### TIM JONES

Marathon PB: 3:51

Target: Sub-3:30

'The injury I picked up shortly before Training Day 1 was worse than anticipated and has been a massive challenge to deal with. Luckily, coach Sam has kept me as fit as possible with cross-



training, including cycling and swimming.'

### AMY ROACH

Marathon PB: 4:12

Target: Sub-4:00

'I'm still buzzing from running 1:39 at a half marathon last weekend. It was almost like a mini practice run for Paris. I owe Steve, Sarah and Ruth such



a lot, I never thought I would be able to achieve this time.'

### TONY MCNEILL

Marathon first-timer

Target: Sub-4:00

'I struggle with carb loading and I'm trying to find a compromise between what nutritionist Ruth would like me to have - three Weetabix and a



banana as an afternoon snack - and what I can stomach!'

### ANDREA WESTCOTT

Marathon PB: 4:37

Target: Sub-4:30

'Some of the sessions look hard on paper but I'm grand when I get going and I generally end up running faster than the plan. It's a great feeling when the



session is over and you know that you've smashed it!'

### TOM RANN

Marathon PB: 3:36

Target: Sub-3:00

'I can't wait for Paris and I'm starting to get really excited. Nervous, too, but that's only because it means so much to me. I'm going to focus on staying fit



and healthy. If I can achieve that, I'll be confident in Paris.'

**'I absolutely cannot wait to be standing on the start line with the 50,000 other runners. Every day I visualise standing on that line, ready to achieve my dream of a sub-3:30 marathon. While I don't want this whole experience to end, Paris is what it has all been about, so bring it on. Allez, allez!'**

Sub-3:30 runner Tim Jones



## THE ASICS SPORTS PSYCHOLOGIST: VICTOR THOMPSON

**'If you struggle with negative thinking during training you're very likely to experience it during race day as well. However, you've got opportunities during training to address any negative thoughts and think in a way that's more helpful than limiting. The five runners today have done a lot of really good training in terms of long runs and faster runs, but some of them don't see how those two things will marry up on race day. They need to remind themselves of all the good preparation they've done, and of their readiness. For all five runners the indicators point to them having a great race.'**





## THE ASICS PHYSIOTHERAPIST: SARAH CONNOR

'Tim's rehab has gone really well and after 16 miles of running today he had no increase in tension. Amy had pins and needles in her right leg in the half last week and we found that her TFL muscle [on the outside of the hip] was tight and

her lower back was a little rotated, so we released those areas today. Apart from a slight Achilles niggle for Andrea, the other runners are all doing great - they've all been doing the exercises I gave them at Training Day 1 and the hard work is paying off.'



## NEXT STOP... PARIS

Race day - the Paris Marathon - is next in the #asics262 calendar. If you're training for a marathon, too, don't forget that you can find out the latest from the runners and talk to our experts in the RW forum, watch videos from our experts on everything from foam rolling to handling race-day nerves, win ASICS gear *and* get all the advice you need to achieve your marathon goals in the ASICS Target 26.2 hub at [runnersworld.co.uk/target262](http://runnersworld.co.uk/target262)



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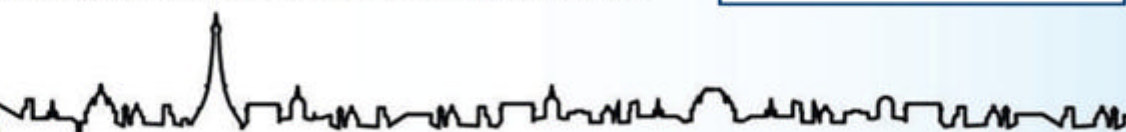
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# XXXV MARATÓN VALENCIA TRINIDAD ALFONSO

15/11/2015



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# RUNNING COMMENTARY

THOUGHT  
THAT  
COUNTS



## ‘Perhaps placebos do have an active ingredient: your brain’

I once got rather tipsy at a party, only to discover later I had been supping non-alcoholic beer all evening. On another occasion, I was asleep within minutes of downing a coffee I was assured was decaf, only to be told the next day that I'd been Java-powered.

If you've had similar experiences, you'll know the power of belief over reality. And there are few places where this is as obvious as it is in the arena of sports performance.

A recent study (reported in RW last month) at the University of Glasgow recruited volunteers to test a new drug purporting to mimic the endurance-boosting effects of the banned drug EPO. The runners ran a 3km race and then injected the substance daily for seven days before repeating the race. Not only did their performance improve by 1.2 per cent – 9.7 seconds, the equivalent of around two minutes off a marathon time – but also their perception of effort was lower. Impressive, especially when you learn that the ‘drug’ was nothing more than a saline solution.

Other research, conducted at Victoria University in Australia, found that when people bathed for 15 minutes in lukewarm water containing what they were told was a special recovery oil (but was, in fact, liquid soap), they bounced back from an intense workout just as well as those who'd endured an ice bath. Recovery was measured in terms of pain levels, leg strength and readiness to exercise again;



both groups scored significantly better than a control group who bathed in plain warm water.

‘Our findings suggest that the commonly hypothesised benefits of cold-water immersion are partly placebo-related,’ says study author Professor David Bishop. ‘But rather than discrediting ice baths, I think it's a demonstration of the belief effect and of how important it is for athletes to believe what they are doing will be effective.’

If the mind can exert such a strong influence over how the body responds, it throws into question how much sway scientific research should hold over what we do – or don't do – in our efforts to run or recover faster.

‘We need to be careful not to over-interpret the belief effect,’

says Bishop. ‘It's important to pay heed to what good science tells us. But coaches and sport scientists also need to be mindful of ‘selling’ the benefits of everything they do.’

Last year (RW, Nov 14) I wrote a feature about the thorny issue of stretching, in which I noted a shift in the consensus away from pre-run stretching, with recent research suggesting that it doesn't aid performance or reduce injury risk, and may even be detrimental.

However, one study found that when half of a group of committed stretchers were instructed *not* to stretch before their runs for 16 weeks, they suffered more injuries than their peers. Conversely, half of a group of non-stretchers were asked to stretch pre-run for the same period, while their fellow stretch-shirkers carried on as usual. Again, those who were asked to behave in a way that did not fit with their beliefs suffered the most injuries. This has been dubbed the ‘nocebo’ effect: a phenomenon in which believing you'll get a negative effect from something *causes* that outcome. It reminds me of the last half marathon I did: I left my gels in my kit bag, spent the race worrying about running out of energy, and duly did...

One of the strangest things about the placebo effect is that it is exerted even when you know your treatment is a sham. In a study involving people with Irritable Bowel Syndrome (IBS), one group received no treatment, while other participants were informed about the placebo effect and told they were getting an inert drug (in a bottle labelled ‘placebo pills’). Despite this, the placebo group reported twice as much symptom relief as the no-treatment group – an improvement comparable to that seen in trials for the most successful IBS drugs.

Perhaps it goes to show that placebos do have an active ingredient after all: your brain.

Speedy  
Stat

6

The number of hours you should leave after high-intensity strength training to avoid a negative impact on running-endurance performance

Sam Murphy tweets  
@SamMurphyRuns





## ‘My mind is writing cheques my legs can’t cash’

**I think it's important in life** – and especially in running – to accept exactly where you are in the scheme of things. Delusion is a shortcut to madness. But analysis needs a clear eye, a strong heart and a keen sense of self.

I'm slipping down the pack. Age is chipping away at my times in a way I never anticipated. Take last weekend, for instance. I turned up to the local Parkrun in good faith. Admittedly, I'd been off running for 10 days with a nagging tendon, but I was eager to return to the fray.

Recent races have followed a similar pattern. I start steady, look around me, feel the company isn't befitting and speed up to join the middle-of-the-pack crowd. Then there's a gradual slippage until I rejoin those I set off with. I'm not as fast as I think I am. My mind is writing cheques my legs can't cash.

We set off and the usual pattern plays out. I'm slow-ish, then speed up through the first kilometre, overtaking the kids, the elderly and some bloke in thick tracksuit trousers and a rugby top. I glide through to my rightful place in the pack. Runners. *Club runners*. I may be at the back of them, but I can see them. Unfortunately, they seem to be getting further away.

Into the second kilometre. I'm breathing heavily, but there's a sense of flow. The long rest has left me feeling refreshed. My legs aren't all that, but I'm racing from memory, pumping my arms, taking short, quick steps.

Then I hear a heavy, laboured wheeze on my shoulder and, with a slight brush of the elbow, he's past me: the rugby-top bloke. Is this where I truly am in the scheme of things? He's approaching chunky and running with a rolling scurry, as if he's just woken up underneath a bridge and realised the off licence closes in two minutes. Before I regain my bearings he's nicked 20 metres. We've got three laps left and the next two follow a pattern – he holds his lead on the flat, I catch him and gain five metres on the long drag up the other side, then he barrels down the descent and gets 10 metres on me again. And all the time he's making this high-pitched sound. It's irritating me: it's a wheeze, with a catch right at the top of his throat. I'm tempted to let him go just so I don't have to listen to it. I'm tired, I'm out of shape and he's doing my head in, but we're battling – we're racing.

It's not the race I planned to be in. I thought I'd be duelling with the club vests. My form isn't as intended, either. My tiredness is manifesting in a shuddering overstriding steps – a moob-trembling, pigeon-toed, spit-splattered tempo. As we hit the final lap I'm running through puddles and going wide on the corners. It's running's equivalent of being on the ropes. With a huge effort I catch him on the final climb. Wheeze-choke, wheeze-choke, wheeze-choke.

He murders me on the final descent. My legs are screaming,

### Runnerpedia

**BO<sub>2</sub> max (n)**  
The level of post-wash odour retention that signals the last outing for an item of running apparel

but I'm still hopeful I can reel him in on the final, flat 300m. I throw myself into the unforgiving minute and for a moment victory seems possible. Then he sneaks a peek back and sprints like a maniac for the last 200m. It's over. I'm vanquished. By the time I cross the line he's caught two other runners.

I stretch out my hand. 'Well run, mate,' I offer by way of congratulation. 'Great fun!' he exclaims. 'A real ding-dong.' He's the poshest bloke I've chatted to in quite some time. 'I noticed your breathing was a bit...,' I pause, searching my internal thesaurus in the name of diplomacy. 'Strained?' he interjects. 'Yes, it is rather. I've got a cold at the minute. I'm normally a lot faster, but you do what you can, don't you?'

Indeed you do. As a runner, what you can do on some days may be less than on others. And your power will diminish over time, but that doesn't really matter. In the scheme of things there will always be runners faster than you, and some slower. All that matters is that you're in there somewhere. And you're still trying to beat the guy in front.

● *Paul Tonkinson is a standup comedian who spends his time running and philosophising.*



### Wise Words

#32: Slow

**‘Wisely and slow. They stumble that run fast.’**

William Shakespeare, playwright

**‘My goal has always been to slow down as slowly as possible.’**

Frank Shorter, 1972 Olympic marathon champion

**‘Good things come slow – especially in distance running.’**

Bill Dellinger, coach

**‘It does not matter how slowly you go, as long as you do not stop.’**

Confucius, philosopher



# YOUR TIME TO SHINE

Push your limits  
with the Timex  
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**A**s official timing sponsor of the London Marathon for 17 years, Timex is way out in front of the competition. And with its new Ironman Run x50+ fitness smartwatch, you can be, too. Forget cumbersome accessories and fiddly controls – the Run x50+ has absolutely everything you need to surpass your personal best in a streamlined, easy-to-use package. Whether you're gearing up for this year's Virgin Money London Marathon or simply looking to improve your fitness in 2015, it's time to show yourself what you can do.

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Forget checking your numbers at the end of a session – the Run x50+ displays your key performance metrics in real time. And that's not all; a new software upgrade means it'll track your physical activity all day long – and your sleep quality, too. Talk about watching out for you.



## ACHIEVE YOUR PERFECT TIME

Last-minute marathon running tips for The Virgin Money London Marathon – and beyond

### ● RUN A DRESS REHEARSAL

In the week before the big day, complete a two- or three-mile marathon-pace run in your race shoes and outfit. Not only will this boost confidence, it'll also help you lock into that all-important race pace on marathon day.

### ● THE RIGHT START

Two to three hours before the race, eat a carb-rich breakfast, such as porridge or brown toast with mashed banana, to top up your glycogen stores.

### ● GENTLE WARMING

Never go for the full aerobic stretch routine before a long race. The world's best marathon runners only do a little jogging beforehand, to preserve their all-important glycogen stores and keep their core body temp down.

### ● START SLOW

Aim to run the first three to four miles between 10 and 15 seconds slower than your goal pace. This protects your body's energy reserves for later in the race so you can finish strong.

### ● RUN LAPS, NOT MILES

Instead of obsessing about each of the 26 miles, look at every three-mile segment as a lap, to make it more psychologically manageable.

### ● HAVE A MANTRA

Having a phrase to repeat over and over helps take your mind off pain and discomfort. One famous Olympic athlete swears by 'Eyes on the Prize.' If it's good enough for Olympic gold...

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SHOW US WHAT INSPIRES YOU TO RUN







# HOW RUNNING CHANGED MY LIFE

*RW readers share their stories of the different ways in which our sport has helped them to turn their lives around. If you're searching for inspiration to lace up your shoes, look no further...*

*ILLUSTRATIONS MATT MURPHY*





**I** lost 70lb in a year and a half. I couldn't run for more than 30 seconds when I started, and now I'm running 10-milers and planning my first half marathon. I find such great peace in a nice long run.  
**Michael Nuttall**

► Eighteen months ago I weighed 21st and had a health scare. Running has helped me beat my weight issues – I'm now just over 13st, have a 10K PB of 44 minutes and am running my first marathon in April.  
**Richard Hodgkins**

► I started running four years ago, shortly after I was able to walk again. My first run was 2km and it took me 20 minutes. I've now run a 4:26 marathon and 25-minute 5K, and I've become a run director at Parkrun. I feel very proud and grateful to all the amazing people who supported me. Get out there and run!  
**Helen Nickols**

► Having had self-confidence issues, running has helped me feel better about myself. It has become my therapy.  
**Carrie Challoner**

► Running gave me back myself.  
**Christina Newnham**

► Running has saved my life. I've always run, but after my daughter very sadly took her own life in 2012, when she was aged just 18, I went into massive depression and gave up everything I loved doing. I so desperately wanted not to be here. A year ago my youngest daughter encouraged and inspired me to start running again and we've run together every day since. It has helped me regain my inner strength and also helped her deal with the loss of her sister. We now run in her loving memory.  
**Katherine Perry**

► Running keeps me close to my Dad – he loved the sport.  
**Karen Elstob**

► I was depressed to the point of a nervous breakdown. Running snapped me out of it. I lost three stone, joined a running group, helped organise Carlisle Parkrun and gained hundreds of new friends. Not bad for a socially awkward introvert.  
**Steve Claringbold**

► It's a commitment that pulls you away from the negativity of life and leads you on a journey of happiness and wonder.  
**Katy Vatterott**

► Running saved my life. I lost 10st 8lb in a year and I'm now heading for the 53-mile Highland Fling. Totally hooked!  
**Ruth Howie**

► Running has saved me from some very low moments. I really couldn't do without it. It helped me regain my confidence after an abusive relationship and gave me time to think.  
**Jo Allcock**

► I was going through my divorce when a friend convinced me to join Stockport Harriers. I made friends from the first day. It's such a great feeling that we all have this thing in common.  
**Jon-Paul Kearns**

► I started running later in life (at 45). I'd always hated sport, but the impact running has on my clinical depression is



## Change afoot

*A huge wealth of scientific research highlights the myriad ways in which*



### Beat stress

Swedish researchers found well-trained muscles are more efficient at clearing stress-inducing substances from the body.



### Save your knees

Running strengthens tendons and reduces age-related degeneration, according to research published in the journal *Age*.



### Take heart

US research found that if you run for just five to 10 mins a day you're 45 per cent less likely to die from cardiovascular disease than a non-runner.



### Boost your immunity

Over 60 per cent of runners report fewer colds after taking up the sport, according to research by the American College of Sports Medicine.



**WORTH THE WEIGHT**  
Running will  
slim you down

what keeps me going. I will never be fast, but I get out there, and distance and pace can pale into insignificance when there are other reasons to run. The people I have met through running are amazing.

**Maxine Grimshaw**

► Running was the only thing that kept the panic at bay during a bout of depression five years ago. I ran a 3:30 marathon that year, too.

**Sean Roe**

► I was experiencing panic attacks. My mum had been diagnosed with Alzheimer's and I had been trying for a long time to get pregnant. At the worst moments I was extremely agoraphobic. My GP didn't want to prescribe antidepressants and said I'd have to find another way to deal with it. So I started running. Not far, but I got up early and ran with my dogs, which burned enough excess adrenaline so that I could face work. It also gave me more confidence and from there I started learning other coping mechanisms to get me through the day. No need for medication. Now I have two beautiful girls and am about to run my first marathon. Running saved my life, my marriage and my sanity.

**Amy Watkins**

► Running helps me live with my bipolar daily. It's a lifesaver for me.

**Julie Hodgson**

► Running saved me from heartbreak. Rather than feeling sorry for myself I decided to focus on running a marathon. And it worked. The last two years have been the best. I've run two marathons, a half, 10Ks and Parkruns. Running saved me, simple as that, and my life has changed so much for the better.

**Cathy Ayton**

► I got into running after the death of

my beloved dad. I was a mess for about 18 months, but running was my friend throughout, my solace. Sometimes I'd run with tears streaming down my face. But somehow, out in the elements, with the wind in my hair, I felt closer to him. Since then I've run a marathon and met a new group of friends who inspire me.

**Debbie Dilasser**

► It's helped me put my life in perspective. When I'm stressed, all I have to do is run and the world is a much better place. It has given me things to aim for and got me to meet new people. I love it!

**Dawn Failes**

## ► Running keeps my happy levels topped up.

**Charlotte Cahill**

► In December 2013 my doctor said that unless I did something about my weight I may not make it to my next hospital visit. As a single father, this was enough to make me change my ways. At 30st, I had fatty liver, infected kidneys and borderline type 2 diabetes. I knew drastic action was needed, so I cut out alcohol, dairy and fast food. It was hard, but as the weight came off. I started with baby steps – short treadmill walks. Joining a running club gave me renewed confidence. I found a new group of friends, who were so supportive, and soon my small runs turned into 10K and more. I've lost 11st and my life has changed in so many ways. I have so much more energy, a better quality of life and my daughter will have me around for longer. It's a work in progress, but I know there's no going back. I wouldn't have thought any of this was possible when even climbing the stairs was an effort.

**Adam Harding-Jones**

*running can improve and even save your life. Here's a selection to fire your motivation...*



### Cheat death

A Danish study found running was associated with an increased life expectancy of 6.2 years in men and 5.6 years in women.



### Boost your brain

Four weeks of exercise improves your thinking power, according to research at Dartmouth Medical School, US.



### Ease osteoarthritis

Exercise was found to relieve osteoarthritis in the hip and knee, in research presented to the American College of Rheumatology.



### Avoid Alzheimer's

Inactivity was deemed the strongest factor in the risk of developing Alzheimer's among people in the UK says research in *The Lancet*.



► I started running seven years ago, to do the Race for Life for a friend who was going through breast cancer. Sadly, she passed away. Then, in 2012, I discovered I had the disease. I didn't stop running through all my treatment, as it helped me feel normal. Running with my girls in my running group got me through the tough times. The cancer returned last year and I had to go through chemo again, but I kept running and now I'm training to run the London Marathon for Breakthrough Breast Cancer.

**Chantele Louise Rashbrook**

► Running has changed me, inside and out. I started when I stopped smoking and wanted to find something healthy to replace it with. That was in 2007. I'm a different person now. Running has brought so many benefits and led me to places I never dreamed I could go. I lost lots of weight, got fit and became an on-call firefighter. I can't imagine my life without running. And I set a much better example to my kids these days. I never imagined what I would end up achieving.

**Claire Jones**

► It's changed my life by showing me I'm capable of so much more than I ever imagined. I'm 43 and started running five years ago. It took a while to get used to it, but I've since done some 5Ks and 10Ks, and I'm gearing up for my second half marathon. I'll never break any records but I've discovered I've got strength, determination, grit and resilience. Running also keeps me happy and helps me manage stress. I bloody love it!

**Mary Dolly Faulkner**

► I'm mum to a one-year-old girl and a four-year-old boy who's severely disabled. Life is a constant battle. It's hard to make plans, we have many sleepless nights and his illness is complicated so we often can't fix his problems and spend much

of our time frustrated. My husband has always found running therapeutic. So last September I signed up for a half marathon. Over the last six months I have found my escape. I'm fitter, healthier and happier, I can run whenever it's convenient around my kids' needs, and my running friends are so supportive. Running has changed my life for the better.

**Joanne Jamieson**

► Running saved me from annihilation after my husband died in 2011. I found peace and a new life through it.

**Suzanne Holland**

► Running has given me the confidence to achieve things I never thought I could.

**Helen Baxter**

► My ex-partner left me with nothing. One day I decided to do something to make me happier: I took up running. Well, I bought a treadmill and walked on it for an hour a night until I was fit enough to jog. Then one day I took off outside. I ran every day for a year and lost 6st. I started running races for charity – 5Ks, 10Ks, 10-milers, off-road, half marathons and, finally, in 2013, the London Marathon.

I'll keep running as long as my legs will let me – it's not just changed my life and my figure, but helps me change other people's lives, too. I now volunteer at races to give back to the running community.

**Ange Morley**

► Running picked me up after I found out I couldn't have children. I thought, 'Now I know what my body can't do, it's time to find out what it can...'. Two years later I ran my first marathon. It helps me to

feel part of a community. Finding out you can't have children is very isolating, when everyone around you lives a very normal life, with children and conversation about family. Now I belong to a community that talks about running and being positive.

**Vonnie Raw**

► Running a marathon last year was one of the proudest moments of my life. The training was the best therapy after the breakup of a long-term relationship – it gave me a structure to each week and a reason not to open/finish that bottle of wine. The sense of accomplishment each time I ran a longer distance was something I'd never felt before. Running gave me confidence in my work and with people. It gave me focus, and respect for myself and everything around me. It gave me a place to escape from my worries.

**Sarah Fencott**

► I had my fourth baby nine years ago, born with huge heart complications and Down's Syndrome. He's now a tenacious almost-10-year-old and throughout many testing moments of ill health and uncertainty, it's trail running that has saved my life, my soul and my well-being. I don't know how I'd have managed without the headspace that comes from the forest stones beneath my feet.

**Sarah Sheldrake**

► Eighteen months ago I was diagnosed with severe sleep apnea. Now, after losing two stone through running, I'm doing a half marathon a month and I'm cured.

**Nicholas Smith**

► I feel blessed to be still running in my 55th year. I've loved it since I was 14 and still do. Sadly, I suffered a stroke five years ago, but running kept me going. I'm so glad to have run with Croydon Harriers in the early days and Widness Wasps now.

**Deansie Phillips**



### Dodge diabetes

Sprint training improves insulin sensitivity, reducing your risk of type 2 diabetes, according to research at Heriot-Watt University, Edinburgh.



### Sharpen your mind

Research at the University of Illinois, US, just showed 30 minutes of running improved reaction times and reasoning ability.



### (After)burn blubber

A 45-min session boosts your metabolism for 14 hours, according to research at the Human Performance Laboratory in North Carolina, US.



### Kick the habit

Regular running can reduce cravings in smokers according to a study at Brown University, US.





HEAD SPACE  
Running can improve  
your mental health





# PRO RUNNER UNDER CONTROL



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► I got into running after battling against alcoholism for many years. I'm now eight years sober and enjoying my running so much I rarely crave alcohol at all.

**Josh Woodstock**

► This time last year I'd left hospital after a stroke, so ill I couldn't walk for more than a few minutes. I've just run a 10K. Running has given me a new sense of life.

**Samantha Collier**

► Running has changed my life. It gives me a buzz and a sense of achievement, I feel at one with nature and have met new friends. Running is the best drug in the world – addictive and very satisfying.

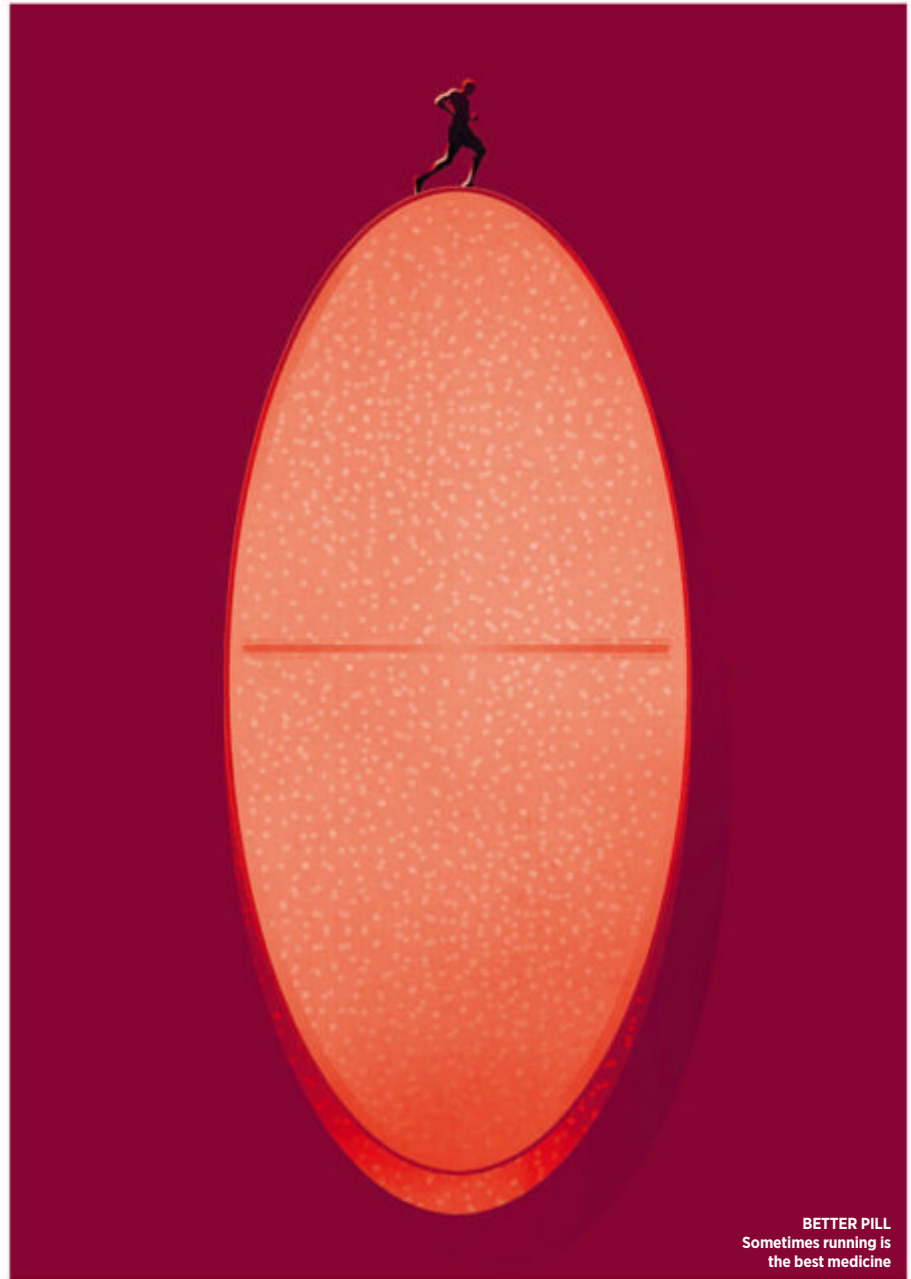
**David Tillett**

► Running has saved me from a life of chronic back pain.

**Sally McCabe**

► Ask a 35-year-old, overweight smoker if they'd like to run a marathon in eight years and the answer wouldn't be pleasant. That was me – never the first to put my hand up for exercise and losing weight was all about looking right for an event. But I didn't want to end up on the road to obesity. Fast-forward eight years and I've stopped smoking and maintained a consistent weight of 3.5st less than I was at my heaviest. I'm healthier at 43 than I was at 23 and 33. I've entered various races, met some truly lovely people and, most importantly, I've become a runner. I'd like to thank running for teaching me so much about myself. It's given me the space and freedom to see my surroundings with fresh eyes. I'm training for my first marathon, attempting what I once thought was impossible.

**Louise Hudson** 



### Lift your mood

Clinically depressed people who exercise are less likely to relapse than those who rely solely on medication: *Journal of Psychosomatic Medicine*.



### Strengthen your joints

A study at Stanford University, US, found people who run five times a week report dramatically fewer joint problems in later life.



### Keep the weight off

Research in *Obesity* found people who kept weight at bay in the long term did 15 mins more exercise a day than those who'd never had a weight problem.



### Slash your stroke risk

Research published in the journal *Neurology* found exercising for six years cut incidents of silent stroke by almost half.





# THE RISE OF **RUN** COMMUTING

**A**  
(HOME)

Save cash, beat stress and turn dead time into training time. If you're not already a run-commuter, it may be time you joined the growing tribe



**B**  
(WORK)



hen Cate Annan locks her front door in the morning, she knows she'll arrive at the office in 45 minutes, with five miles in the bag before most people have had their first latte. She'll also have sidestepped the stresses of traffic jams, the vagaries of bus timetables and the frustrations of cancelled trains. As if that wasn't enough, she'll also have done her bit for a greener environment and saved some cash.

When you look at it like that, it's a wonder we aren't all donning running shoes and backpacks and embracing the run-commute. Of course, there are practicalities to consider, such as whether your route and distance are viable, or if there's a hot shower at the other end. There may also be social or psychological barriers to arriving at the office in sweaty running kit. But change is afoot.

## RUNNING HIGH

The UK's first ever research into run-commuting, conducted recently by Simon Cook, a cultural geographer at Royal Holloway, University of London, shows its popularity has almost tripled over the last two years. Meanwhile, over 6,000 people have signed up to the Run2Work ([run2work.com](http://run2work.com)) campaign in the past 12 months. 'The campaign provides a voice for run-commuters, or those who'd like to start, helping to make it more accessible in every way,' explains founder Gordon Lott. That includes everything from helping runners find suitable routes or buddies to run with, to lobbying employers, councils and governments on pertinent issues such as tax incentives, providing end-of-trip facilities and ensuring streets are well lit.

However, while research suggests running is beginning to be seen as a viable alternative to driving and public transport, it still lags way behind cycle-commuting. So what would it take for you to run to work? A dedicated 'running lane' with a supportive, level surface? Bike-escorted run-commuter packs? How about an incentive scheme, where you could accumulate 'road miles' and exchange them for rewards?





Lott believes that introducing incentives, in the same manner as cycle-commuting was encouraged by the introduction of the Cycle to Work scheme in 1999, would help get more people on board. 'More than half a million people in the UK have joined tax-free Cycle to Work schemes, with the financial incentive being the biggest driver,' he says. 'A tax-free Run to Work scheme that saves people money on running shoes, rucksacks and reflective jackets could have the same impact.' Run2Work has launched a petition to get the government to provide such a scheme. It's also challenging the HMRC ruling that kit purchased under Cycle to Work tax-emption schemes can't be used for running. 'We're asking HMRC to clarify the scheme to incorporate running,' says Lott.

Interestingly, Cook's research showed saving money was not a major factor for potential run-commuters. 'The prospect of saving money on petrol or public transport doesn't motivate them – it's more of a bonus than an incentive,' he says. But Lott notes that the same could have been said before the introduction of Cycle to Work.

'Companies promoted it to employees as a benefit, which kick-started the rise in the numbers taking part.'

One of the successes of Cycle to Work is the number of people it has brought into cycling. They begin as commuters and later become involved in the sport. In a recent survey, 40 per cent of scheme members said that prior to signing up they were novice or occasional cyclists. One of Lott's goals with Run2Work is to bring people into running in the same way. 'We're aiming for an extra million by 2020, helping to address the low levels of physical activity in the UK and our obesity crisis, and reducing transport congestion and pollution,' he says.

This will involve making run-commuting both easier on a practical level and more socially acceptable. Run2Work holds a monthly #Run2Work day on the first Thursday of each month, encouraging people to share their experiences and photos on social media, and getting non-commuting runners to give it a try. It's what got Helen Frost into run-commuting last summer. 'I'd been running for a few months; I was initially attracted by the [Run2Work day] freebies and discounts,' says the 26-year-old, who is studying for a PhD in microbiology at the University of Manchester. 'Now I'm in training for the London Marathon and I've found

run-commuting a great way to up my mileage without eating into my free time.'

In fact, time efficiency is the chief reason cited by those who've already swapped their suits for sweaty running gear, according to Cook. 'It doesn't necessarily mean someone's journey is quicker – it may even be slower – but it frees up time,' he explains. Lott agrees: 'People spend longer commuting than they used to, work longer hours and have more demands on their time, so the killing-two-birds-with-one-stone aspect of run-commuting has huge appeal.'

## ROUTINE ACTIVITY

While issues of 'hard' infrastructure – such as the provision of showers and lockers – might hold some people

back, Cook says there are also issues of 'soft' infrastructure – such as social acceptability and a supportive office policy. 'There's a mountain of small molehills in people's minds,' he says.

'Initiatives like Run2Work day help to normalise running to work,' says Gareth Lewis, a consultant at the think tank Urban Land Institute, and a veteran

run-commuter. 'The more people there are boarding trains in running kit and turning up to work glistening with sweat, the more acceptable it will appear.'

But while the converted don't need a fancy new shower to make run-commuting more attractive, Lewis believes they should demand more. 'Sneaking into the office loos to clean up with a wet wipe isn't appealing to everyone,' he says. Cook agrees: 'Those who already run-commute will carry on,



## THE ENVIRONMENTAL SIDE

Kilos of carbon emissions saved per year by run-commuters compared with commuting by...



**36.6**  
(TRAIN)



**27.7**  
(BUS)



**155.5**  
(CAR)

\*Royal Holloway, University of London. Based on the average run-commuter: 162.7 trips per year, with an average distance of 8km





## 'I SAVE £50 A MONTH'



**Anthony McNeill,**  
50, London

'When I got my job in central

London, run-commuting seemed an obvious way to get runs in. I jog the half mile from home to the station, take the train to Waterloo, then run two and a bit miles to work. After work I do the same in reverse. I keep toiletries in my office. Shirts, trousers and underwear play the main roles in the daily ballet of getting from home to office. It took me a while to get it right. On day one, I didn't pack another set of gear, which meant running home in pongy kit. But it soon became routine: running burns off the day's stresses and I save over £50 a month on my travel card.'

# 28.8%

of run-commuters run to a train station or combine running with other transport

**B**

regardless of the barriers. The challenge is getting more runners to see their sport as a way of getting from A to B, and getting more non-runners to see it as a way of injecting extra activity into their daily lives in a time-efficient way.'

Lewis has already observed a shift within property development to factor in the needs of active commuters. 'For example, the new Land Securities Zig Zag building offers a gym, showers, locker facilities, dry rooms and towels,' he says. 'It's market-driven: big-city companies want to offer healthy workplaces to attract good staff. But the public sector and smaller employers can't match these facilities, so there's a danger of creating inequalities unless the government gets behind this.'

There's good reason for employers to support run-commuting. It's been shown that physical activity can boost productivity and creativity, and reduce absenteeism. Research from the University of East Anglia last year found that people who swap driving to

work for active commuting benefit from improved psychological wellbeing. And a study of 30,000 people in Copenhagen found mortality rates were 30 per cent lower among those who ran or cycled to work over 15 years.

Another recent study, published in the *British Medical Journal*, found that people who get to work using public transport or active commuting have a lower Body Mass Index (BMI) than those who drive. While they didn't focus on running as an active-commuting option, the researchers' observations highlighted the importance of integrated solutions in transport planning and infrastructure. For example, in London there could be an extra financial incentive to get off the tube outside Zone 1 and run the rest of the way. Or, as Lewis suggests, there could be centralised or station-based communal shower, locker and bike-storage facilities, which employers could subsidise. Transport for London has incorporated walking and cycling – but not running – into its Transport Bill. 'It's misguided,' says Lewis. 'Runners have different infrastructure needs.'

The problem is that policy makers aren't hearing what those needs are. Data from the most recent census shows





A

67.1 per cent of commuters use cars or vans as their usual mode of transport compared with 17.8 per cent who use public transport, 10.9 per cent who walk and 3.1 per cent who cycle. 'We don't know how many people run to work because the question has never been asked,' says Cook.

Frost is now setting up a run-commute initiative at the University of Manchester. 'By developing a community of run-commuters I'm hoping to create an environment in which other people feel they can take up running, or keep it up,' she explains. 'The idea is to emulate the University's Cycle Users' group, which is very much a bottom-up community.'

Cook's research revealed that for many runners who don't run-commute, their reasons were less about barriers than about mindset. 'A lot of runners see it as a sport rather than as a way of getting from A to B,' he explains. 'Many hadn't even considered run-commuting as a possibility.' Well, now you can...

## TAKING STEPS

Your first task is to find a decent route. Run2Work's route planner will plot you a route anywhere in the UK and give you a time guideline for slow, moderate or fast paces. WalkIt.com – available as an app or online – offers route planning in 70 British towns and cities, with options for the most direct, quietest or least polluted way to get where you want to go.

If you're in the capital, Home Run London ([homerunlondon.com](http://homerunlondon.com)) offers four guided runs, starting and finishing at branches of Fitness First health clubs and transporting your bags for you. Or consider starting your own Facebook Run2Work group to find some run-commute buddies.

Next, consider whether you'll run the whole way or just part of the journey. 'Distance can be a barrier when it's too short or too long,' says Cook. Is it worth getting sweaty for? The solution might be to add miles and run-commute home, when there's less time pressure.

Then there's the issue of personal hygiene. Your workplace may not have shower facilities 'For some, the solution is to run from work, rather than to work,' says Cook. 'You have everything you need at home, but it's not necessarily easier – it depends on logistics, such as what you have to transport each way and time issues at the start and end of the day.'

If you don't have shower facilities at work, you could use a 'dry' shower spray (Muc-Off Dry Shower, £7, [wiggle.co.uk](http://wiggle.co.uk)) or wet wipes (Nathan Power Shower Wipes, £3.19, [amazon.co.uk](http://amazon.co.uk)). Another

**10%**  
or run-commuters  
run to/from  
work daily

## 'IT'S ABOUT GETTING WHERE I NEED TO BE IN THE SHORTEST TIME'



**Helen Frost, 26,**  
Manchester

'I do my run-commute from my flat

to the university, where I work. It's just under 4km. The route isn't very interesting or inspiring, it's just about getting to where I need to be in the shortest space of time. It would be great to have a run-commuting buddy, as self-motivation can be tough in the winter, which is another reason why I wanted to get the campaign at the university kick-started.

One of my achievements is creating the 'run salad'. I made a salad for lunch one day, put it in a Tupperware box and it was beautifully tossed by the time I got to work! I'm lucky that my boyfriend works in the same building and cycles to work, so he carries my stuff.'



option is to join a gym or leisure centre near work. It's worth asking whether 'shower-only' membership is available. But Run2Work encourages you to get in touch if you'd like your workplace to instal showers and lockers. 'We'll contact them on your behalf without naming you,' says Lott.

Though some brands make specialist urban-running kit (eg Gore's Urban Run range), you can run-commute in your normal gear. You will need a specialist running bag, though, to lug your laptop, shoes and clothing, or even just a wallet and keys. 'Determine exactly what you'll be carrying,' advises Shankara Smith

## IT'S IN THE BAG

A good-quality running-specific backpack with the right dimensions and storage options for your particular work needs is *the* key piece of run-commuter kit. Here are three of the best:



## 'IT'S THE PERFECT WAY TO FIT RUNS INTO A BUSY LIFE'



**Daniel Berry**, 40, London

'I have been run-commuting

for a few years. I'll run anywhere from 5km to 14 miles, but my typical run is an 11-miler from home, then I jump on the train to do my stretching. It's the perfect way to fit time-consuming runs around a busy job and family life. Time-wise, I get up an hour earlier, run for 90 minutes and still get to my desk (post-shower) at the same time as if I had caught the train. We have showers and storage at work, so I bring shirts in advance and only run with a light rucksack.'

from Run and Become (runandbecome.com). 'If it's just a top and trousers, but no shoes, plus personal effects, then a 10-12-litre pack will suffice. If you've got a bit more to carry – shoes, a laptop, books – then look at 15-18-litre packs.' According to Rob Wylie, from rucksack specialists Osprey, 'fit is everything. So you need to try a rucksack on. Put some weight in it and try running a short way.' The length of the pack is particularly important – if it sits too high, you'll end up craning your neck or bending from the waist. Women-specific models have a shorter torso and narrower shoulder harness. 'There's a lot of up-and-down movement in running, so you need a pack that will move with you, but with minimal bounce,' adds Wylie. Look for a well-structured hip belt and a chest-strap, both with a little stretch and adjustable, to enable you to get the right fit.' (see *It's in the bag*, below)

## BREATHE IN

In a survey conducted last year, more than half of RW readers said they don't worry about air pollution, while 25 per cent said that it bothers them, but it doesn't stop them running. Public Health England (PHE) thinks you've got it about right. 'Under normal air-quality conditions, the benefits of regular exercise are thought to outweigh the possible negative effects of air pollution,' says the government body. You can check air quality daily using DEFRA's Air Quality Index (uk-air.defra.gov.uk/air-pollution/daqi).

If you are concerned about pollution, try running faster. Recent research found that when cyclists exercised at a low intensity in diesel-polluted air, the amount of energy they needed to maintain pace went up and they had to

breathe more heavily. But when they exercised at high intensity, there was no difference in respiratory and metabolic responses in clean air versus 'dirty' air, suggesting particulate-laden air had less effect. But if you don't relish early-morning speedwork, you can take simple steps to minimise your exposure. PHE recommends taking less busy routes and adjusting the timing of your journey to avoid peak times, when possible. One study found people with asthma who were exposed to air pollution in London for two hours experienced a significant reduction in lung function when walking on Oxford Street compared with Hyde Park. 'I sometimes run an extra two miles to go through a park and along the river to avoid traffic,' says Cate Annan.

While starting to run-commute takes some planning – for example, taking the week's work clothes to the office on a Monday – regulars soon establish a routine. And the payoffs are substantial. It turns 'dead' time into training time, it helps to reduce congestion and pollution for everyone and it gives you a chance to prepare for, or de-stress from

your working day. 'There's also a sense of escape from other transport options that is quite freeing,' says Cook. 'Running is only limited by your body – you're not at the mercy of anything. You can leave when you like, choose a different route each day, or even stop halfway through. That's the beauty of run-commuting – it's so easy to personalise.'

It's a compelling promise: swapping those stresses behind the wheel or on a rush-hour train for the self-reliance and freedom of running; saving time and money, and gaining fitness...all before you sit down at your desk in the morning. Long live the run-commute revolution! **RW**

**42%**

run-commute 2-3 times per week

**B**

Words **Sam Murphy** Photography **Getty**  
\*All statistics: Simon Cook, Royal Holloway, University of London

### BEST FOR GOING LARGE

**The OMM Original 25L**, £50  
theomm.com

This is a Tardis of a backpack, with many adjustable straps to secure the pack tightly, and there's even an internal laptop sleeve.



### BEST FOR VERSATILITY

**Osprey Talon Rucksack**, £75  
ospreyeurope.com

The Talon 22L and women-specific 20L offer a wide hip belt, adjustable sternum strap and compressible sides.



### BEST FOR TRAVELLING LIGHT

**Salomon Energy Belt**, £35  
salomon.com/uk

This has a wide, adjustable hip belt with two 200ml drinks holders, and a zipped section big enough for phone, keys and a wallet.





# STAY THE COURSE

Some runners never pin on a race bib. Their motivation to keep lacing up can help even the most committed racers

# A

Ask a coach or a sports psychologist for help climbing out of a motivational slump and they'll probably offer the same advice: sign up for a race. It's a good solution for many; putting an event in your diary can give your running a sense of purpose and ensure you think twice before skipping a training session.

**But what if you just don't enjoy racing?** What if you don't like competition, race entry fees or the logistics of fitting a structured training plan into an already over-scheduled life? Don't worry. Plenty of runners find all the inspiration they need without ever pinning on a race bib. 'A competitive training programme definitely gives us a reason to run even when we're tempted to take a day off,' says Dr Duncan Simpson, an assistant professor of sport, exercise and performance psychology. 'But there are those who say they're running just for running's sake and their motivation may be different.' And the secrets of staying motivated to run with no finish line in sight can help all runners – racers and non-racers alike – to enjoy the journey.



## THE SECRET DO IT FOR YOU

Cathy Kim, 46, ran a half marathon in her 20s. She finished and thought: never again. 'It was awful,' she says. 'Focusing on time and speed turned running into a completely different experience for me.' Her racing career was over, but her running career has lasted two decades. 'Running began as a way for me to relieve stress and get outside,' she says. 'It's evolved to being a time when I can think.'

**Use it** What drives Cathy is 'intrinsic motivation', says Dr Cindra Kamphoff, director of the Center for Sport and Performance Psychology at Minnesota State University, US. 'People motivated in this way are running for themselves and driven by the enjoyment of the task.' Chasing race medals and PBs can give your running a short-term purpose, but for it to have staying power, Simpson says it's important to pinpoint what you truly value about running. Is it stress relief, weight management, fitness, 'you time' or a chance to socialise? Identifying what motivates you can help you recognise the value running brings to your life.

Words **Debra Witt** Photography **Andy Parsons** for Hearst Studios

**WISE MOVE**  
For some people  
the run is its  
own reward



## 'SNUBBING THE RACE SCENE DOESN'T MAKE YOU AN AIMLESS PLODDER'



### THE SECRET MAKE A PLAN

Contrary to popular opinion, snubbing the race scene doesn't make you an aimless plodder. You can still pit yourself against the greatest competitor any runner has: yourself. Matthew Voss, a 51-year-old chef, challenges himself out on the road with weekly speed workouts and long runs, even though it's never for the sake of a race. 'The cost of races has outgrown my budget and feels like a waste of money, since I can run for free,' he says. 'I can stretch my limits and see myself improve without racing.' And if you like the structure, direction and progression offered by a training plan, there's no reason you can't follow one just because you won't be racing at the end of the final week.

**Use it** Even if there's no race on your horizon, Simpson suggests giving every run a dedicated purpose. One day could be a slow-paced long run, where you work on adding a mile each week. Another could be hill repeats, where you aim to maintain form and finish the final repeat as fast as the first.

Another could be a casual run with friends, where the purpose is socialising, fun and recovery. 'The idea is to recognise the benefits you are going to get from each run, so you are motivated not to miss out on those benefits,' says Simpson. He also recommends setting goals. These could be classic ambitions, such as building endurance or speed, but you can also be creative and set goals such as maintaining a running streak, in which you run at least a mile a day for a month, or longer. Or see if you can log more miles in May than you did in April. 'Reaching a finish line in a specific time isn't the only goal that can motivate you to run,' says Simpson.



### THE SECRET EASING OFF

Burnout and injury can plague runners who are constantly competing. When you have a race on the horizon it's hard to take an extra rest day or scale back your pace, even when your muscles are begging for a break, says Kamphoff. But this all-out approach to training can leave you injured and forced into taking time off to recover. In contrast, says Kamphoff, non-racers seem more willing to make adjustments to their running routines, because they're focused on their long-term enjoyment of the sport. 'I used to race every weekend,' says 65-year-old Kathleen Gina, who's been running for over 35 years. 'My goal was to place in my age group and for 10 years I did, but I was injured – a lot.' Twelve years ago, Gina left the racing circuit. She gave her body a much-needed rest and joined a group of runners who couldn't care less about being at the back of the pack, or even being in a pack at all. She's now injury-free and loving her running.

**Use it** 'Aim to be the best runner you can be, but not at the expense of hurting yourself,' says Kamphoff. 'Recognise when it's time to back off, even if you have a race coming up.' Keeping a running diary can help. 'But don't just chart your mileage,' says Kamphoff. 'Write down how you feel – both physically and mentally – after each run. Then use your notes to help you spot what may be a budding injury or burnout.' Paying attention to danger signs and slowing down accordingly can help you avoid bigger issues down the line. **RM**



# What will it take to run

**W**hen Ronaldo da Costa broke the finish-line tape at the 1998 Berlin Marathon, he began dancing a samba. And deservedly so: the marathon world record (WR) had been stuck at 2:06:50 since 1988, after creeping down by an average of just five seconds a year since the late 60s. The wafer-thin Brazilian had shattered it by 45 seconds. And that was just the beginning. Including da Costa's run, the record has been broken nine times since 1998, by a total of three minutes and 53 seconds, leaving us just two minutes and 58 seconds away from the holy grail of a sub-two-hour marathon. The current WR of 2:02:57, set by Kenyan Dennis Kimetto last year in Berlin, works out to 4:41.5/mile; a sub-two would require less than 4:35/mile. Will a human ever run that fast? To answer that question, we assembled a database of more than 10,000 top marathon performances going back half a century. We crunched the numbers and plotted the trends to identify the factors that have helped race times improve so dramatically since da Costa's 1998 performance. Why? Because it's those nine factors that will determine the likelihood of a sub-two – and they'll all have to align perfectly to create the perfect race for the perfect runner. (Spoiler alert: it probably won't be in London later this month)



**SPECIAL  
REPORT**

**BY ALEX  
HUTCHINSON**

# a 2-HOUR marathon?



# THE PERFECT RACE

The last six men's marathon WRs were set in Berlin and the fastest non-Berlin time came in Frankfurt in 2011. In fact, just six courses around the world – Berlin, Dubai, Rotterdam, Frankfurt, Chicago and London – have recorded all 38 sub-2:05:00 times ever run. The map on p70 shows how the location of fast races has changed over time. These courses share certain characteristics and getting to sub-two will require making the most of them all in a single venue.

## 1>THE COURSE WILL BE VERY BORING

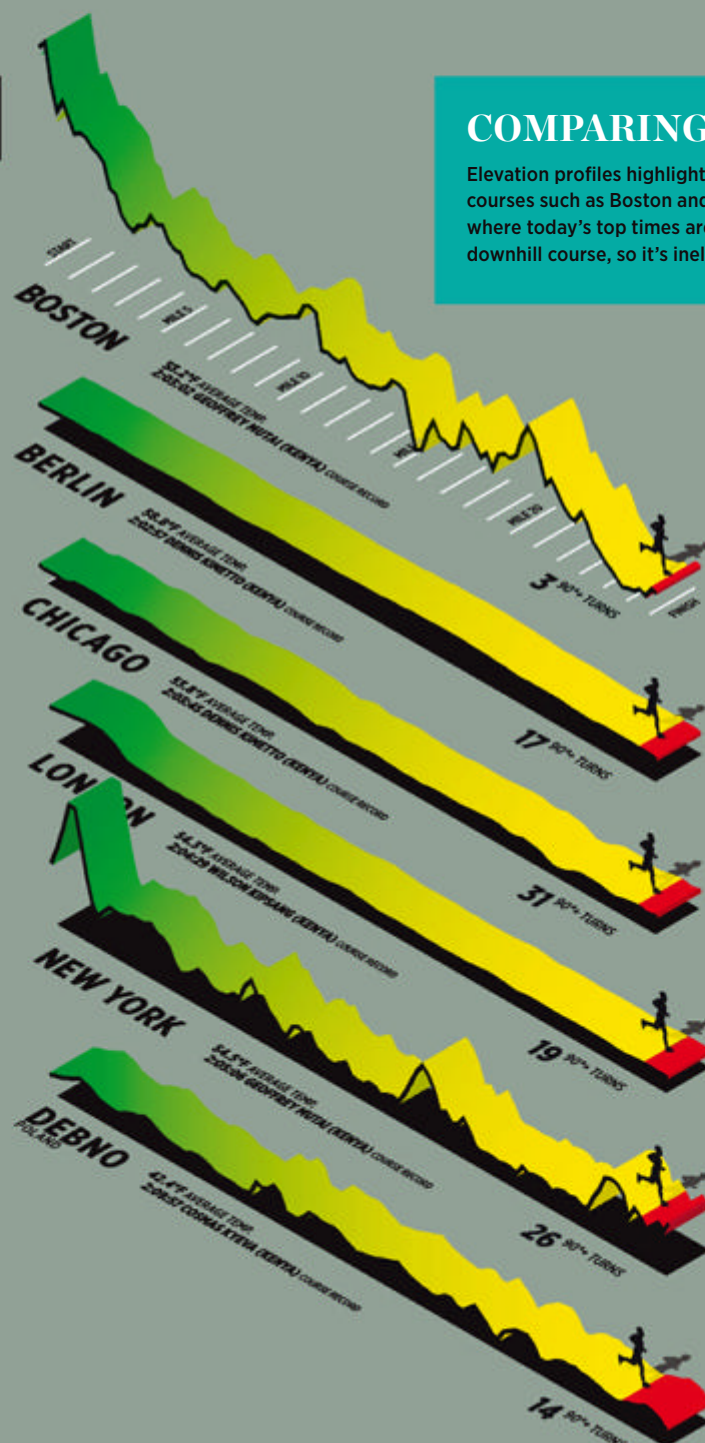
Runners used to set world records at the New York City Marathon. But since 1998, NYC winners have featured only three times in the year's fastest 20 performances. Blame the 240m of ascent and the 26 sharp turns, which hinder momentum.

Today, records require a flat course such as Chicago, or a straight one (eg Dubai, which has only four turns). The Association of Road Race Statisticians in the US has calculated a 'time bias' ranking, showing how much of a boost (or drag) elites get at marathons around the world. On average, elites in the flat, quite straight Berlin Marathon finish 81 seconds faster than they do at other races, while runners in New York finish 83 seconds slower. (In Chicago and Dubai, they finish 14 and 68 seconds faster, respectively.)

One unheralded race is held in the Polish town of Debno, where, since 2000, elites have finished, on average, 79.2 seconds faster than they do on other courses. What might happen if elites tried for sub-two in Debno, where the course follows straight roads and which is presently held in early April, when the average temp is 5.5C (50F)? (See *It will be a cold March day, perhaps in Poland*, p68.)

## COMPARING COURSES

Elevation profiles highlight the differences between hillier courses such as Boston and New York and the flat courses where today's top times are run. (Boston is a point-to-point downhill course, so it's ineligible for records.)



MILES COVERED BY COURSE RECORD HOLDER IN TWO HOURS:

25.55

97.5% completed

25.57

97.6% completed

25.40

96.9% completed

25.26

96.4% completed

25.13

95.9% completed

24.19

92.3% completed



## 2> THE PACEMAKERS WILL FORM A HUMAN WALL

Even on a still day, elites run so fast that air resistance slows them down, which is why record-breaking races have become, in effect, pacemaker-led time trials. Wind tunnel studies show that tucking behind a runner at a two-hour pace allows an elite to run roughly 100 seconds faster over 26 miles – which explains why up to six pacemakers are used in races such as Berlin. Pacemakers also ensure an even pace by reducing the energy wasted by strategies such as surges. But few pacemakers make it past 20 miles, leaving the leaders alone when the going gets tough. To run sub-two, elites will need to work together, drafting like pro cycling teams, almost to the finish.

## 3> THE PAYDAY WILL BE HUGE, BUT NOT TIED TO ONE RACE

One reason marathoners are running faster is that road racing is more lucrative. When the Sheikh of Dubai put up \$1m in prize money, plus a \$1m world-record bonus, in 2008, the Dubai Marathon became one of the world's fastest, despite its heat. Prize money for road races has soared since 1998, while track purses have fallen.

But big money can also draw the best away from the fastest courses, and the winner-takes-most prize structure favours cat-and-mouse tactics as runners race each other instead of the clock. The solution? A big pot of money that runners can win no matter where they race, and that is shared equally among all who break 2:00 in that event.

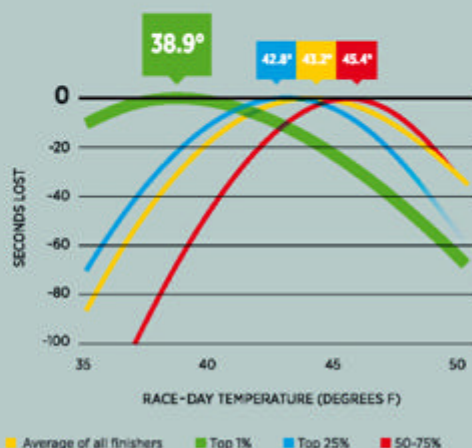
## THE PERFECT RUNNER

As the map on page 71 shows, Kenyans and Ethiopians have dominated the marathon since 1999; in fact, of the 100 fastest marathoners in history, 59 are from Kenya and 31 are from neighbouring Ethiopia. Is it genes or environment that's responsible for this domination? The answer doesn't actually matter when it comes to who will run the first sub-two. The success of East African runners reveals key traits that the eventual record-setter will possess, wherever he happens to be born.

## 4> IT WILL BE A COLD MARCH DAY, PERHAPS IN POLAND

Elites used to run fast at any time but according to our analysis of yearly top-200 performances since 1950, runners began targeting cooler spring and autumn races in the 1970s. Since 2000, more than half the annual top-200 times have been run in April or October (the exception is Dubai, where the coolest month for a marathon is January). But elites generate more heat than other runners, so conditions that are even colder could suit them better – a review by the French National Institute of Sport of nearly two million marathon finishers found the best temperature for male pros was below 4.5C (40F). Staging big races in April and October has cut times to just under 2:03, but perhaps to go below 2:00 they should be held in March or November. According to the French research a race-day temp of 6.2C (43F) produced the quickest times overall – but the top one per cent peaked at 3.8C (38.9F)

The body is a furnace, converting energy into motion and heat. The higher your  $\text{VO}_2$  max, the hotter it burns. At max effort, elites generate more than twice the heat of average runners; that's why pros run better in colder temps than mid-packers.



## 5> HE'LL HAVE PAULA'S EFFICIENCY (AND VERTICAL LEAP)

The most astounding marathon outlier of all time is Paula Radcliffe. Her 2003 WR of 2:15:25 is nearly three minutes faster than any other woman in history. Fortunately for us, physiologist Andrew Jones began studying her when she was a teenager and his data on her  $\text{VO}_2$  max and running economy reveal clues about the prospect of a sub-two marathon.

Your  $\text{VO}_2$  max is a measure of how much oxygen you're able to deliver to your muscles during exercise. Oxygen helps convert chemical energy from food into motion, so the higher your  $\text{VO}_2$  max, the longer and faster you can run. While training can raise your  $\text{VO}_2$  max, elite marathoners have such



high values that it's hard to push them further. Doping with EPO or blood transfusions is one way of boosting a high  $\text{VO}_2$  max, and it's possible that cheating may have contributed to the drop in the marathon-record time, and it could even be the 'secret' that allows runners to approach sub-two in the future. But Radcliffe's numbers offer a reminder that such tactics aren't necessary to achieve stunning performances: her  $\text{VO}_2$  max was exceptional when she was a teenager and it stayed at a relatively constant level during her career.

So how did she progress from good to great? If  $\text{VO}_2$  max measures your oxygen supply, the other side of the equation is oxygen demand. A measure called 'running economy' (like the fuel economy of a car) reveals how much oxygen your muscles require to maintain race pace. Reducing oxygen demand (by improving your running economy) is just as good as increasing oxygen supply. And that's exactly what Radcliffe did – she followed a sophisticated strength-training programme that boosted her vertical jump from 28cm in 1996 to 38cm in 2003, altering neuromuscular recruitment patterns that may have given her a more powerful push-off. She also decreased her sit-and-reach flexibility by 4cm. Muscles and tendons act as springs that store energy; stiff springs may store and return more energy with each stride. So elites like Radcliffe tend to be less flexible in places such as the hamstrings and lower back; indeed, in one study of elite runners, those who were 20cm less flexible on a sit-and-reach test ran 27 per cent more efficiently. Despite Radcliffe's ungainly form, her 15 per cent improvement in running economy between 1992 and 2003 corresponded with her ascent to world-beater status.

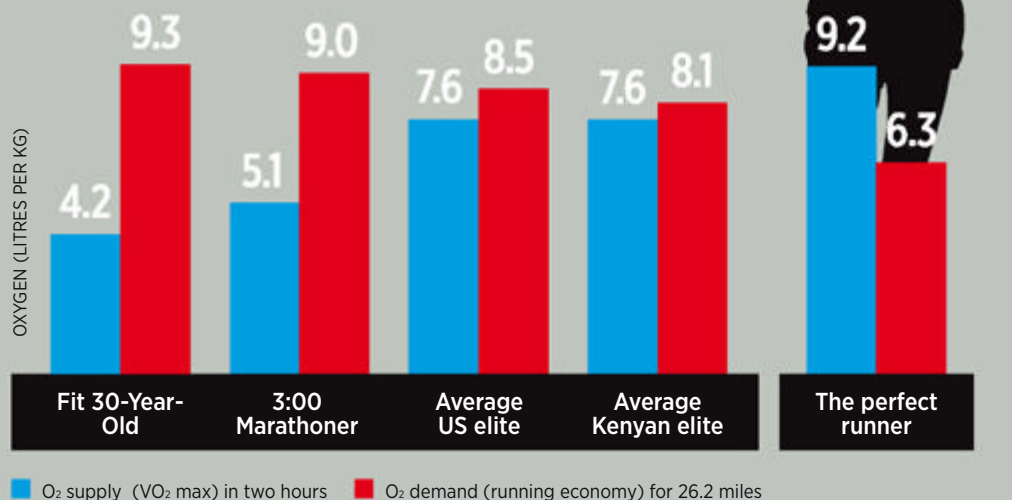
When it comes to running economy, some studies have found that Kenyans have an edge over European and American runners. Why is unclear, but having longer legs (as a proportion of overall height) and thinner calves may allow the average Kenyan to expend slightly less energy with each stride (see *He'll be 5'6" and 9st soaking wet*, p78). It's worth noting that the Kenyans who dominate world marathon lists generally do little, if any, weight training, which may represent an untapped source

of improvement. No-one has yet managed the daunting balance between oxygen supply and demand required for a sub-two. So far, today's top runners fall short because either their supply ( $\text{VO}_2$  max) is too low or their demand (running economy) is too high, but both sides of the equation

already exist. Creating the sub-two marathoner doesn't require a superhero with physiological traits never before seen in humans. It will just take someone who combines the best  $\text{VO}_2$  max and running economy of today's fastest runners.

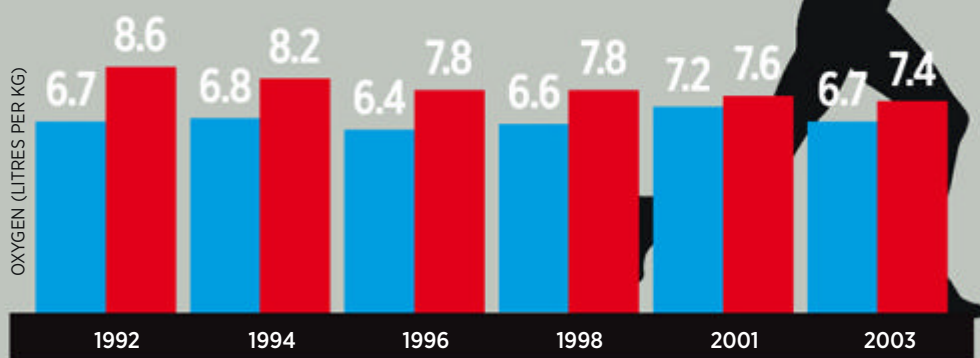
## SUPPLY MORE, DEMAND LESS

To go sub-two a runner must deliver more oxygen in two hours than his body needs to cover a distance of 26.2 miles. That means the blue bar (estimated from lab measurements of  $\text{VO}_2$  max) must be higher than the red bar (based on running-economy data). That hasn't happened yet, but if we combine the best known  $\text{VO}_2$  max (from ultrarunner Matt Carpenter) and best value of running economy (world half-marathon record holder Zersenay Tadese), a sub-two is theoretically possible.

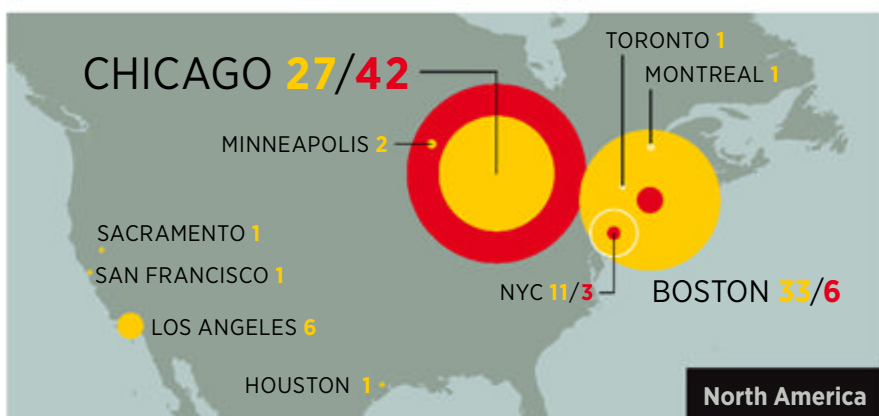
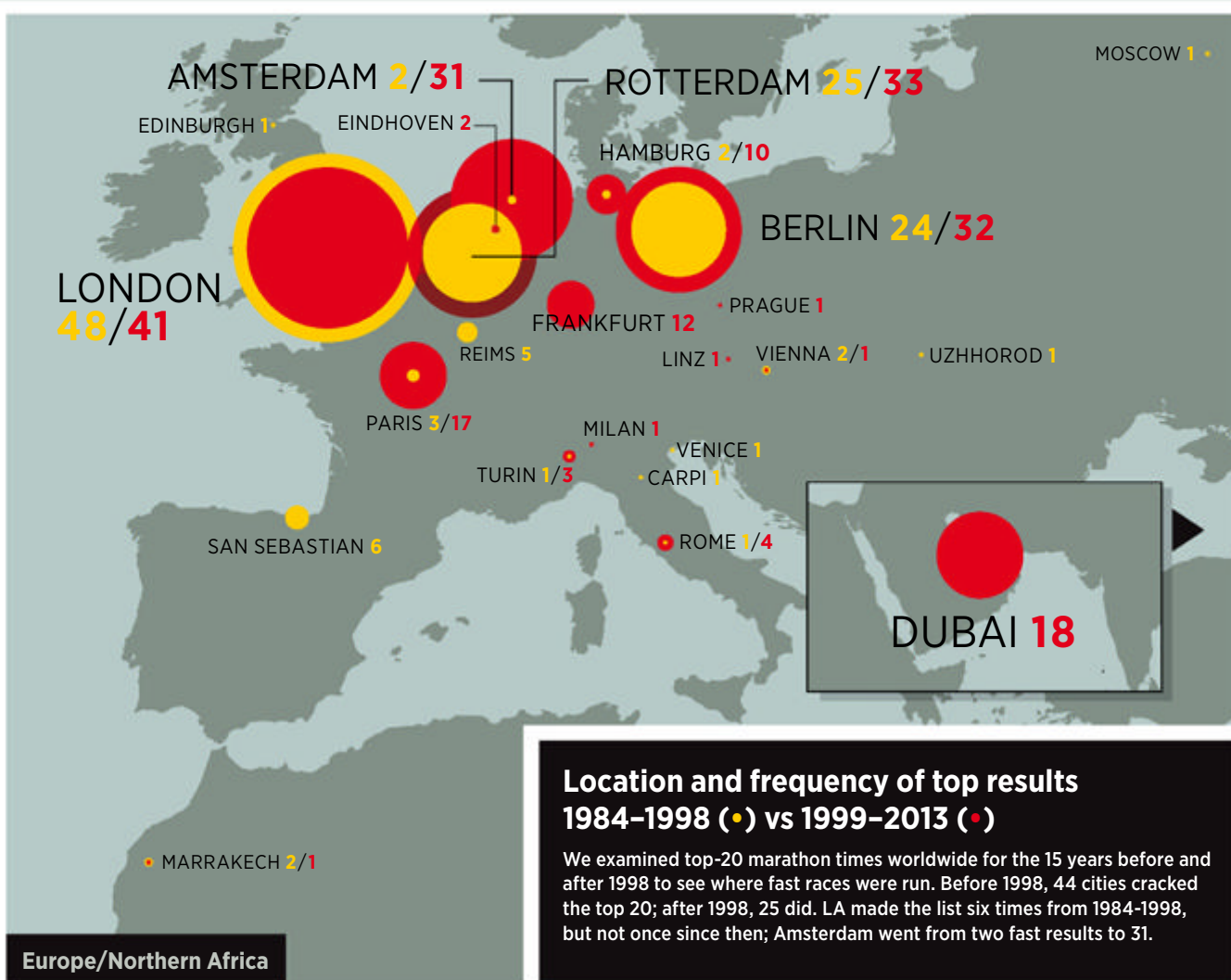


## LOWERING THE BAR

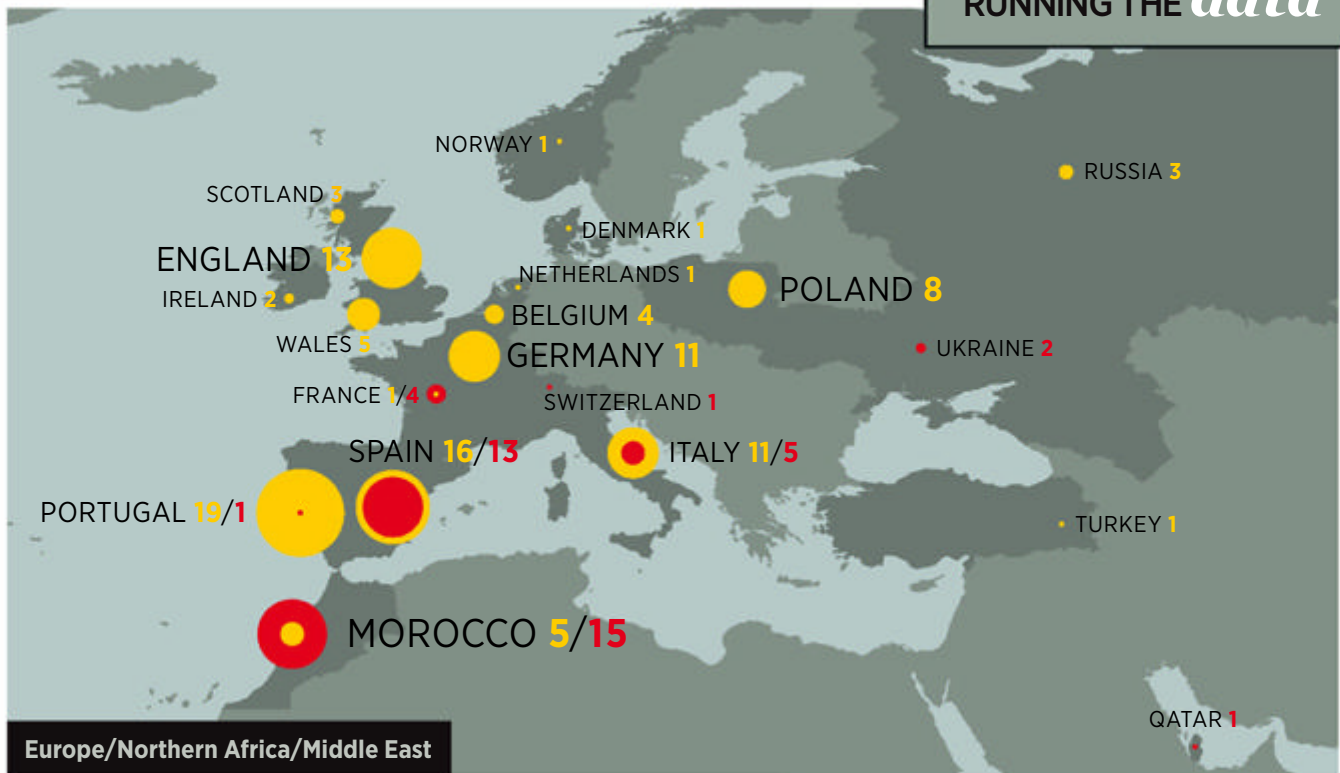
Between 1992 and 2003, Paula Radcliffe's oxygen supply (blue) stayed roughly constant, but her oxygen demand (red) improved (ie she lowered it), allowing her to set the current women's marathon world record of 2:15:25.





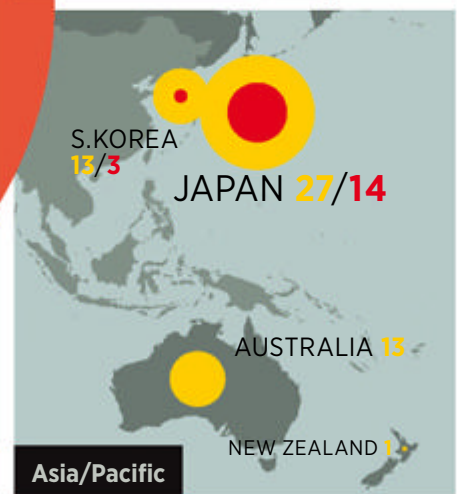
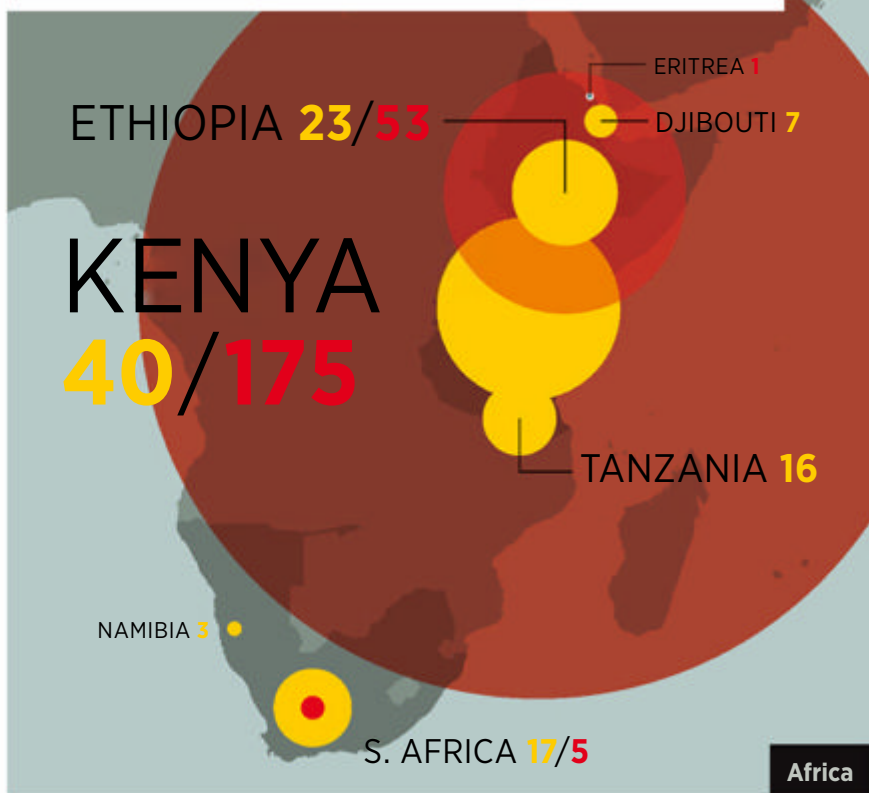






## Origin and number of top runners 1984-1998 (●) vs 1999-2013 (●)

Before 1998, runners from 32 countries hit the top 20. Post-1998, the fleetest hailed from 16 countries. Ethiopia and Kenya account for 75 per cent of the top results from 1999-2013; Mexico went from 17 runners in the top tier to none. These days, courses and runners must be nearly perfect.





## 6> HE'LL BE 5'6" AND 9ST SOAKING WET

Between 1990 (the first year in which data was available) and 2011, the height of the average male marathoner ranked in the top 100 that year fell by 1.3in (3.3cm) and weight fell by 7.5lb. Smaller runners have less weight to haul around and they're better at heat dissipation; thanks to a greater skin surface area relative to weight, they can sustain higher speeds (and thus, greater internal heat production) without overheating and having to slow down. Despite our sub-two runner's short frame, he'll also have disproportionately long legs that help him cover ground, and unusually slender calves that require less energy to swing than heavier limbs (see *He'll have Paula's efficiency (and vertical leap)*, p68).

## SHRINKING ASSETS

Runners shed heat through their skin, so bigger runners should have an advantage, right? Indeed, a 6'3" marathoner can dissipate 32 per cent more heat than a 5'3" athlete with the same BMI. But heat generation rises faster in bigger runners because mass increases quicker than skin area. So at the same effort, the taller runner produces 42 per cent more heat than his shorter peer, and overheats sooner.

FOR THE TOP 100 MARATHONERS EACH YEAR:

- Average marathon finish time
- Average height
- Heat dissipated (based on average body size)
- Heat generated (based on average body size)

Between 1990 and 2011, there was a 1.3in reduction in the average elite marathoner's height.

## 7> HE'LL BELIEVE IN HIMSELF (AND HIS VERY FAST FRIENDS)

Physiologists have shown that what you perceive as your limits depends on what you believe is possible. So runners can compare themselves with those who have gone before them and convince themselves it's possible to go faster. Such a state of mind requires athletes to enter what psychologist Mihaly Csikszentmihalyi calls a 'flow state' of full immersion in a task, mediated by brain chemicals like dopamine and endorphins. As Steven Kotler points out in *The Rise of Superman* (Quercus), among the best ways of triggering these chemicals is with 'group flow',

when people are united in the pursuit of a goal, as they are at the training camps in East Africa that have produced today's top marathoners.

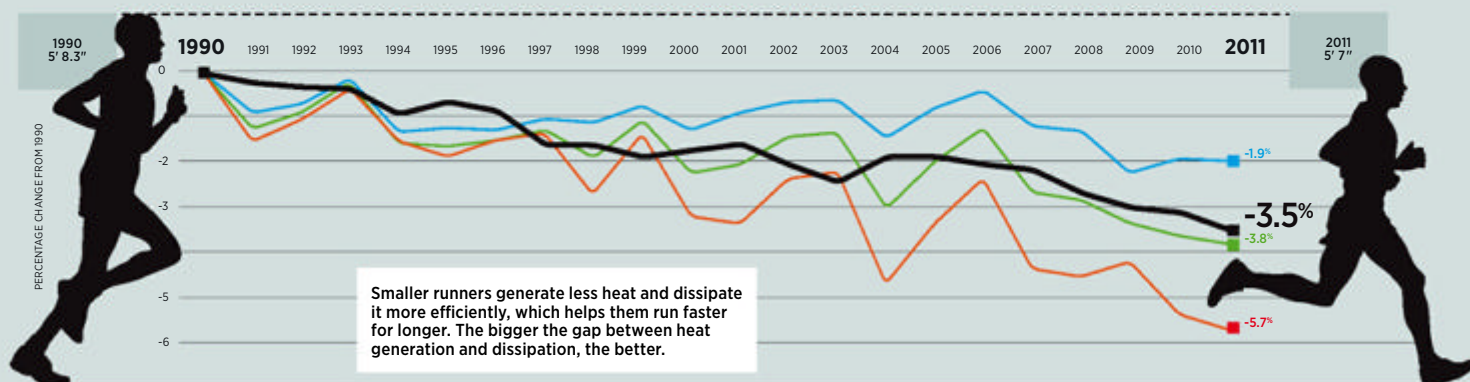
Some observers believe the biggest difference between Kenyans and other runners is that every Kenyan runner believes 'One day will be my day.' It's easier for a young runner to nurture that belief when he can train with, learn from and share in the success of world-beaters. Whoever runs a sub-two will have to start with the belief that it's possible, that he's the one to do it and that he won't get there alone.

## 8> HE'LL HAVE ACCESS TO THINGS WE CAN'T IMAGINE

Using the past to predict the future can't account for the emergence of new techniques. When physiologist Michael Joyner and his colleagues wrote in the *Journal of Applied Physiology* on the prospects for a sub-two, the journal later published 38 responses from other researchers suggesting

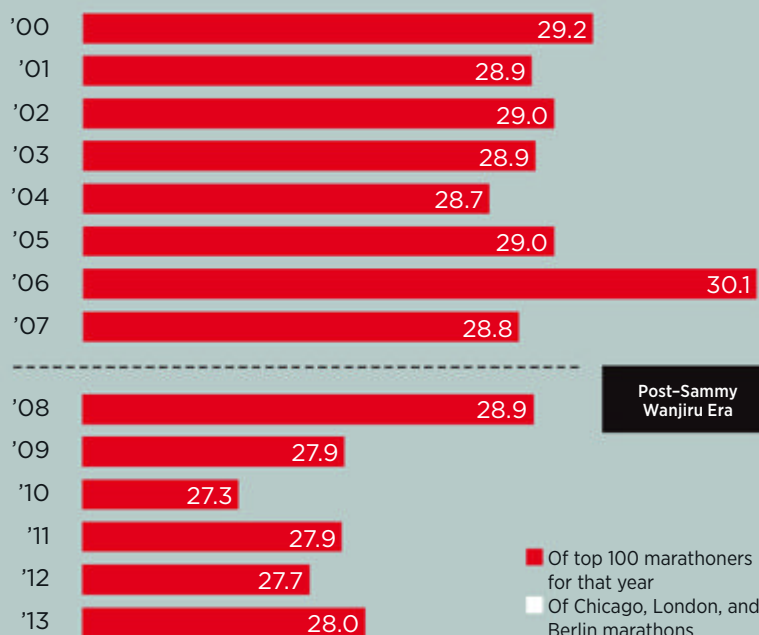
possible factors that might bring the barrier closer, like tracking subtle variations in heart rate, processing carbs more quickly and prenatal exposure to high altitudes. Only time will tell if one of these factors triggers a breakthrough for marathoners, as full-body swimsuits did for swimmers.

During the same period, there was a 3.5 per cent reduction in average finish times.

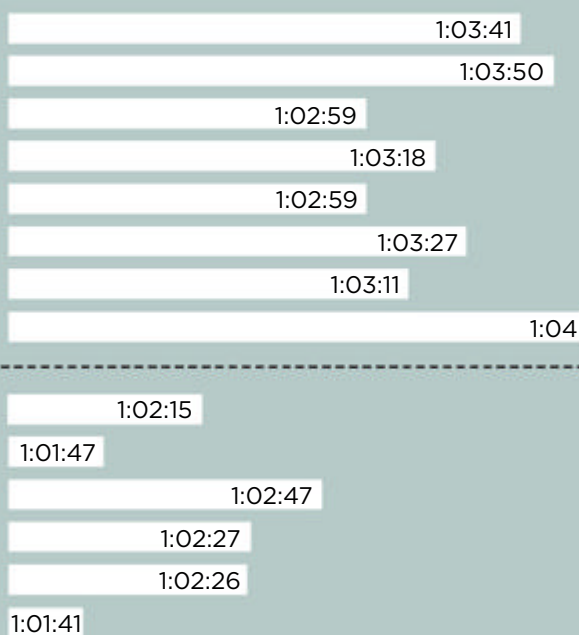




AVERAGE AGE



AVERAGE HALFWAY SPLIT OF WINNERS



## YOUNGER AND FASTER

Since Sammy Wanjiru's run in the 2008 Olympics, the average age of the top 100 marathoners has dropped by more than a year. And halfway splits by winners in London, Berlin and Chicago have also sped up by more than a minute, resulting in faster finishing times.

## 9> HE'LL BE IN HIS EARLY 20S AND FEARLESS


When 21-year-old Sammy Wanjiru surged to an early lead in the sweltering heat of the 2008 Beijing Olympic Marathon it seemed he was on a suicidal pace. But he won by 44 seconds, clocking 2:06:32 – a time observers had thought impossible in temperatures that topped 28C (82.4F). That performance changed perceptions of the marathon. Before 2008, it was considered an older runner's event, one attempted by those in their late 20s or early 30s after they'd honed their skills on the track. After the 2008 Games, however, younger runners began

skipping the track in favour of 26.2 (this priority shift also corresponded to changes in prize money; see *Payday will be huge, but not tied to one race*, p68) and they ran hard from the gun. Wanjiru died in 2011, aged just 24, in a drunken fall from a balcony. We'll never know how fast he could have become, but we will have a chance to watch the progression of those he inspired, such as 18-year-old Ethiopian Tsegaye Mekonnen, who ran 2:04:32 early last year in his marathon debut, after ripping through the first half in just 1:01:39. Remember that name.

## THE DREAM

The road is so flat and straight that you can see them coming from a mile away. Six runners flow in arrowhead formation around the Canadian city of Saskatoon. The early November air is still and dry, the sky is overcast and the temperature hovers slightly above freezing.

All in their early 20s, they've been training together for this moment for years; only in the last month did their coach select which three will go for the record. The remaining three form the front of the arrowhead, blocking the wind and enduring the mental effort of controlling the pace. Should one of them cross the finish line in under two hours, all six will share equally in the £50 million jackpot promised by the heirs to the Hoka One One fortune. The pot of money is up for grabs, for any runner, anywhere in the world. The chase is on.

So, will they make it? And what year is this? Runners have been quickly closing in on the two-hour grail since 1998, but it will get progressively harder to trim the remaining seconds. Still, the physiologists tell us that it's not impossible, meaning it *is* possible. I'm saying the year is...2075 – and they make it. They run sub-2:00. 



# Flying Starts

Give your porridge an upgrade with these power-packed recipes from nutritionist **Matthew Kadey**

## How to dish it out

Cook 85g of steel-cut oats according to the instructions on the packet. When the oats are cooked, add the other ingredients to the pot and stir until heated through. Divide the porridge into four bowls and garnish with the toppings.

## Tropical Twist

Coconut milk adds creamy sweetness, while mango contains vitamin C, which can help lower blood pressure. Cacao nibs offer great chocolatey crunch and a decent hit of dietary fibre to keep you feeling full all morning.

### Stir in...

- 80ml canned coconut milk
- 2 tbsp coconut/brown sugar
- 1 tsp grated fresh ginger
- 1 tsp vanilla extract
- ¼ tsp ground cardamom

### Top with...

- 85g chopped mango
- 1 tbsp chopped pistachios
- 1 tbsp cacao nibs (Fresh Roast Cacao Nibs, £6 for 75g, [hotelchocolat.com](http://hotelchocolat.com))

KCALS	CARBS	FIBRE	PROTEIN	FAT
343*	54g*	9g*	9g*	13g*

## Blueberries 'n' Cream

Blueberries contain more heart-fortifying flavonoid antioxidants than almost any other fruit. And opt for organic berries when you can, as studies show they contain higher concentrations of antioxidants.

### Stir in...

- 80ml skimmed milk
- 100g blueberries
- 1 tsp lemon zest
- 1 tsp ground allspice
- ½ tsp almond extract

### Top with...

- 80g plain low-fat Greek yoghurt
- 1 tbsp chopped almonds
- 1 tsp honey

KCALS	CARBS	FIBRE	PROTEIN	FAT
298	44g	6g	17g	8g

It tastes indulgent, but this guilt-free combo provides antioxidants (from dark chocolate), potassium (from banana) and heart-healthy fat (thanks to the crunchy hazelnuts).

### Stir in...

- 60ml skimmed milk
- 1 banana, mashed
- 55g dark chocolate, chopped
- ½ tbsp instant espresso coffee powder (Nescafé, £3.99 for 100g, [tesco.com](http://tesco.com))
- 1 tsp cinnamon
- 1 tsp vanilla extract

### Top with...

- 1 tbsp chopped hazelnuts
- 1 tbsp dried cherries

KCALS	CARBS	FIBRE	PROTEIN	FAT
328	51g	9g	9g	12g

\*All nutritional data is per serving



## PORRIDGE ■

Savoury porridge makes an epic breakfast, or a great lunch or dinner. Lean ham and eggs are high in protein, which satisfy your hunger, while spinach contains nitrates that improve muscle function during exercise.

### Stir in...

- 80ml low-salt chicken or vegetable stock
- 675g baby spinach
- 35g grated Parmesan cheese
- 18g chopped sun-dried tomatoes
- ¼ tsp ground black pepper

### Top with...

- 28g Black Forest ham, chopped
- 1 fried egg
- 1 tsp chopped chives
- Dash of hot sauce

KCALS	CARBS	FIBRE	PROTEIN	FAT
320	32g	5g	21g	14g

Not a combo that immediately springs to mind, but bacon and apples offer a great sweet-savoury balance. Recent research shows polyphenol antioxidants in the apples can help lower cholesterol, while the cheese provides bone-building calcium.

### Stir in...

- 80ml apple cider
- 1 apple, chopped
- 3 tbsp pure maple syrup

### Top with...

- 15g grated cheddar cheese
- 1 slice cooked bacon, finely chopped
- 1 tbsp chopped walnuts

KCALS	CARBS	FIBRE	PROTEIN	FAT
408	45g	6g	17g	20g

## Chai-Pumpkin

Pumpkin brings sweetness and beta-carotene, a key antioxidant for ensuring a healthy immune system. The pure maple syrup provides additional antioxidant punch.

### Stir in...

- 60ml skimmed milk
- 250g pumpkin purée (Libby's Pumpkin Purée, £2 for 425g, waitrose.com)
- 1 tsp vanilla extract
- ½ tsp cinnamon
- ½ tsp ground ginger
- ½ tsp ground nutmeg
- ¼ tsp ground cloves

### Top with...

- 1 tbsp chopped pecans or walnuts
- 1 tbsp unsweetened coconut flakes
- 2 tsp pure maple syrup

KCALS	CARBS	FIBRE	PROTEIN	FAT
285	42g	7g	8g	12g

Oats are one of the richest sources of beta-glucan, a soluble fibre that's very effective in lowering levels of harmful cholesterol.



# The DOs and DO NOTs of running your first MARATHON

This comic was written and drawn by Matthew Inman, AKA The Oatmeal.

Inman is the *New York Times* bestselling author and cartoonist behind TheOatmeal.com.

His latest book, *The Terrible and Wonderful Reasons Why I Run Long Distances*,

(Andrews McMeel Publishing) is available now.

[theoatmeal.com/running](http://theoatmeal.com/running)

**DO** let those prerace jitters fly!

Start out at a completely impractical pace.

This will demoralise other runners into quitting early,  
and you will be crowned marathon champion at mile two.



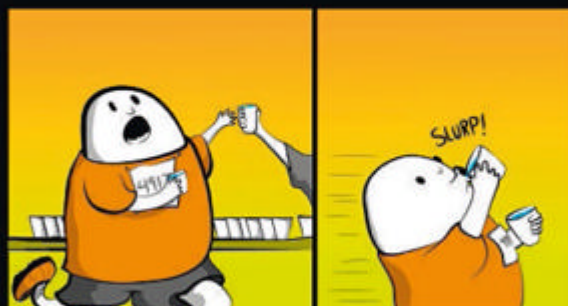


**DO** learn the hard way  
why race bibs come with four pins.



**DO NOT** stop running when getting a drink at an aid station.

By enduring the 'sprint-choke', you could shave three, possibly four seconds off your 5+ hour finish time!



Remember:  
Marathon success does not come  
from training or perseverance.  
It comes from waterboarding  
yourself at aid stations.

**DO** delude yourself  
into thinking there is anything  
enjoyable about eating energy gels.

This tastes like boob milk  
from a cyborg.

And how!



**DO** over-accessorise.

Because you're totally going to need all that shit.





**DO** enjoy massive surges of adrenaline  
and find yourself laughing really hard at things  
that aren't actually that funny ...



... and crying at things that aren't actually that sad.



**DO NOT** dwell on those who are clearly doing  
much better than you are.  
For they will only drain your life force.



**INSTEAD** focus on those who  
are clearly in hell.  
I call these people 'springboards'.



**DO NOT** remind yourself  
that you paid good money for this.

## marathon: (noun)

A popular form of overpriced torture wherein participants wake up at ass-o'clock in the morning and stand in the freezing cold until it's time to run, at which point they miserably trot for a god-awful interval of time that could be better spent sleeping in and/or consuming large quantities of beer and cupcakes.

See also: masochism, awfulness, 'a bunch of bullshit',  
boob-chafing, cupcake-deprivation therapy





## DO NOT despair

when thinking about how much farther you have to go.

Instead, console yourself by inventing  
bizarre ways of measuring distances.

Hey, only 11 miles left! That's like four loops around that  
park near my house. I run that loop all the time!

Eleven miles is *EASY*!

I once heard that Godzilla's penis was roughly three miles long,  
so this is like running lengthwise down a couple of Godzilla wilies.



This is no problem. Piece of cake.

Yessir, it's gonna take a lot more than a  
couple of floppy lizard penises to stop me.  
Everything is going to be OK.

I am going to be OK.



## DO end on a high note.

When you see the finish line,  
start sprinting like a coked-up orangutan.

No one will ever suspect that you walk-jogged the previous 26 miles.



- ✓ DO hang out in the recovery area and chat to  
the happiest bunch of physically battered  
people you'll ever meet
- ✓ DO ignore all the warning signs that  
something horribly traumatic has just  
happened to your body.
- ✓ DO forget every single second of agony,  
frustration, and melancholy that plagued  
you over the past few hours.
- ✓ DO this with food in your face and a  
gleam in your eye.
- ✓ DO all of these things,  
and then go enthusiastically sign up for another race.





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\*MEN'S SIZE LARGE, OTHER SIZES VARY.



# Coach

OUR PERSONAL BEST

## THRIVE ON FIVE

Train for your first 5K – or your best yet. **p85**

## TAPER TRAIL

Save your big effort for race day, not the weeks leading up to it. **p91**

## THESE FUELISH THINGS

Food and drink decisions you don't want to make before race day. **p94**

## SHIN GRAFT

Simple exercises to keep your shins in shape. **p97**



## THIS MONTH'S EXPERT PANEL



### JEFF GALLOWAY

The former Olympian has coached over 200,000 runners. **p93**



### JO PAVEY

The European 10,000m champion has competed at four Olympics and five World Champs. **p99**



### PAUL HOBROUGH

The former GB athlete is owner of Physio&Therapy UK (physioandtherapy.co.uk). **p101**



### SAM MURPHY

The RW columnist and section editor is also a qualified running coach. **p85**



### INIGO MUJIKA

Author of *Tapering and Peaking for Optimal Performance*. **p91**



### LAUREN ANTONUCCI

Sports dietitian and nutrition consultant for the New York Road Runners. **p94**





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\*Applies only to events up to £100. Limited numbers available.

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## FAMOUS



Training for a 5K has long been seen as the ideal way to start running, but it's a great distance for runners of all abilities, says **Sam Murphy**





**I**t's the most accessible and uncomplicated race on earth. But for too long the 5K has been seen as nothing more than an entry-level distance. As soon as you get one or two races under your belt you move up to 10Ks and beyond. But that's all changing. Whether it's thanks to Parkrun or the successes of Mo Farah and Jo Pavey, the 5K has regained its street cred. And as two-time US 5000m champion Lauren Fleshman notes: 'You can train for a 5K and still have a life.'

With a 5K race, you know you're going to finish. 'The satisfaction comes instead from competing: against yourself, the clock and others in an intense, concentrated period of time,' says Fleshman. 'This adds a new depth and richness to your running.' Are you ready to take five? Here are plans that will train you to beat three landmark times – 30 minutes, 24 minutes and 20 minutes.

## Find your level

Warm up thoroughly and then run three 1600m/1-mile reps, with one-minute recovery between each. Run as fast as you can, but try to maintain a consistent pace across all three. Calculate your average pace in the reps and you'll have an idea of the splits you should be able to maintain in a 5K. This gives you a baseline from which to formulate a goal and begin your training. Or find a flat Parkrun ([parkrun.org.uk](http://parkrun.org.uk)) and give it your best shot.

# BREAK 30 MINUTES

WEEKS	MONDAY	TUESDAY*	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	4 miles easy	Rest	12x1 min fast (8-min milling), 2-min jog recoveries. Or, on a track, 12x200m with 200m recoveries	Rest	Rest/cross-train or 3 miles easy	Rest	Long run or walk/run using 2/3 mins pattern for 60 mins
<b>2</b>	Rest	2 miles brisk	Rest	5 miles easy	Cross-train or rest	3 miles easy plus 6x20-sec hill runs	Long run or walk/run using 2/3 mins pattern for 70 minutes
<b>3</b>	Rest	8x2 mins fast with 2-min jog. Or, on a track, 6x400m with 200m jog. Then 1 mile at goal 5K pace	Rest	Cross-train or rest	1 mile easy, then a brisk 'out and back': 1.5 miles out (at 10K pace). Run back slightly faster	Rest	50 mins very easy
<b>4</b>	4 miles easy	Rest	1 mile easy, then 3x10 mins brisk. Try more distance on each 10-min rep. Jog 2 mins between each	Rest	4 miles easy, plus 6x30-sec hill runs	Parkrun (plus warm-up and cool-down)	Long run 80 mins or walk/run using 2/4 pattern
<b>5</b>	Rest	5x4 mins fast with 3-min jog. Or, on a track, 4x800m with 3-min jog. Then 1 mile at goal 5K pace	Rest	Cross-train or rest	1 mile easy, then 2x15 mins brisk, with 2-min jog in-between	3 miles very easy	Long run: 60 mins or walk/run using 2/4 pattern
<b>6</b>	Rest	4x1 minutes fast with 2-min jog	Cross-train or rest	4 miles easy	Rest	15 mins easy plus 2x50m strides or rest	<b>RACE</b>

\*Precede Tues sessions and week 1 Wed with 1-2-mile warm-up jog and 2-3 strides (Run briskly for 60-100m, accelerating to above 5K pace. Walk back and repeat). Finish each run with a 1-mile jog. **KEY:** Very easy Recovery-jog pace. **Easy** Conversation pace. **Brisk** Approx 10K pace – 'comfortably hard'. **Fast** Above 5K pace – 'one-word answers'. **Hills** Run fast up a 4-6 per cent gradient hill. Walk or jog down to recover.





# BREAK 24 MINUTES

WEEKS	MONDAY	TUESDAY*	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	Rest	8x400m. Based on your 5K time, work out 400m splits; run each 400m 6 secs faster than this. 2-min recoveries	Rest or cross-train	1 mile easy, then 30 mins at half-marathon pace (45 secs/mile slower than 5K pace)	Rest/cross-train or 3 miles easy	4 miles very easy plus 3x50m strides	Long run: 75 minutes
<b>2</b>	Rest	4x800m. Based on your 5K time work out 800m splits; run each 800m 10-12 secs faster than this. Jog 3 mins between each	3 miles very easy	1 mile easy, then out and back: 1 mile out at tempo pace (5-15 secs/mile slower than 10K pace). Run back a little faster	Rest/cross-train	4 miles easy plus 6x30-second hill runs	Long run: 80 minutes
<b>3</b>	Rest	3x1 mile winders: run mile 1 at 5K pace, jog 2 mins, run mile 2 a little faster, jog 2 mins, run the last mile faster again	Rest or cross-train	2 miles easy, 2x10 mins at 10K pace with 2-min recovery jog, 1 mile easy	4 miles easy plus 3x50m strides	Rest or cross-train	Long run: 90 minutes
<b>4</b>	Rest	10x400m. Based on your 5K time work out 400m splits; run each 400m 4 secs faster than this. Run 8th rep all out. 30-sec recs	7 miles easy	Tempo hills, 3 mins. Rest for 1 min. Repeat 3 times	4 miles very easy plus 3x50m strides	Parkrun (plus warm-up and cool-down)	Rest/cross-train
<b>5</b>	Rest	5x1000m at goal 5K pace (4:45-4:47 per km for sub-24 mins) with 2-min rec. jogs	4 miles very easy	Progression run: mile 1 at half-marathon pace, mile 2 at tempo, mile 3 at 10K pace, 2 mins at or above goal 5K pace	Rest/cross-train	6 miles easy plus 6x30-second hill runs	Long run: 70 minutes
<b>6</b>	Rest	1 mile easy 2 miles tempo, 1 mile easy	3 miles very easy plus 2x50m strides	1 mile easy, 4x200m at goal pace, with 200m easy jog between each	Rest or 3 miles easy plus 2x50m strides	Rest or 3 miles easy plus 2x50m strides	<b>RACE</b>

\*Precede all Tuesday sessions with 1-2-mile warm-up and 3 strides (see p86). Finish each run with a 1-mile jog. **KEY:** **Very easy** Recovery-jog pace. **Easy** Conversation pace. **Tempo** 5-15 secs slower than 10K pace (comfortably hard). **Tempo hills** Run continuously up and down a 3-4 per cent gradient at tempo level. **Hills** Run swiftly up a 4-6 per cent gradient hill. Walk/jog down to recover.

## The goal Break 30 minutes

**The pace** 9:39 per mile **Who's up for it?** First-timers who can run for 30 mins and improvers hovering around the 10-10:30min/mile mark.

A 5K is the ideal distance for your debut race – giving you a taste of the race experience. There are seven to eight runs per fortnight in this plan – and an optional cross-training day.

### Be form-focused

When you are running faster than usual, it's tempting to overstride, but sticking your leg out further in front of your body increases braking forces and slows down your cadence. Visualise yourself running tall, with a quick, light footstrike.

### Listen to music to run faster

A study published in the

*Journal of Strength and Conditioning Research* found that listening to motivational music, no matter the tempo, before and during a 5K race reduced perception of effort.

### Ditch the drink

Carrying a drink for a 30-min run will only slow you down.

### Eyes on the prize

On the home straight, focus on the finish line; a study at New York University found this strategy helps make your goal seem closer, compared with letting your eyes – and attention – wander.

## The goal Break 24 minutes

**The pace** 7:42 per mile **Who's up for it?** Those who've cracked (or almost cracked) 25 minutes for a 5K or 52 minutes for a 10K.

This plan has four to five runs per week. Speedwork moves from traditional high-intensity reps to race-pace efforts to help you get comfortable at race pace for longer periods.

### On your bike

If you're prone to injury, or you want to add a session, get on your bike. A recent study found that when triathletes performed six to eight five-minute intervals at their lactate-threshold pace (comfortably hard), twice a week for three weeks, they knocked 64 seconds off their 5K run time.

### Don't stress

Going all out for a PB means failure is a possibility. But don't let that stop you. 'You can afford to take risks with a race as short as a 5K. If you screw up, you can just try again next week,' says Fleshman.

### Put a lid on it

Don't keep drinking right up to the gun, or you'll risk needing a last-minute or mid-race pit stop. Sports nutritionist Matt Fitzgerald recommends stopping fluid intake 45-60 mins before the start to allow time for your body to absorb the fluid you've consumed.





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# BREAK 20 MINUTES

**The goal** Break 20 minutes  
**The pace** 6:25 per mile  
**Who's up for it?** Runners who can clock a sub-21:00 are likely to achieve a sub-20:00 by following this plan.

This plan incorporates goal-pace targeted efforts and regular strides (see Key, p86). The interval distance amounts to around 5km per session, but don't be put off by the volume. The relatively short rest periods mean you don't get a full recovery between efforts – but you'll be running them slower than your 'best' pace at each distance.

## Know the drill

Drills improve your running form. Try these four after your warm-up on speedwork days.

Perform each one for 25m and repeat two to three times; walk or jog to your start point between each to recover.

**High knees** Simultaneously raise your knee and heel through an exaggerated range of motion, landing lightly below your hips and rapidly picking up the other foot.

**Hop taps** Hop forward on the right leg, tapping down with the left toes next to the right foot on each step. Repeat with the other leg.

**High skips** Using the same action as used for high knees, drive off the ground with the support leg between each stride so you are travelling up as well as forward.

**Straight-leg drive** Extend each leg alternately out in front of you while bouncing on the other foot. As you move forward, focus on the action of drawing the extended leg underneath you with each step.

## Perk up

Whether it's in the form of coffee, or a caffeinated gel or pill, caffeine can boost your performance. One study found that 5mg of caffeine per kilogram of body weight improved 5K performance by one per cent in recreational runners and 1.1 per cent in well-trained runners.

## Put your foot down

It's rare to be advised to go out fast in a race, but the 5K may be an exception, according to a study at the University of New Hampshire, US. Researchers found that running the first mile of a 5K three to six per cent faster than planned average pace resulted in a faster finish time than even pacing.

## Channel your discomfort

There's no doubt that running not far off your top pace for 20 minutes is going to be an uncomfortable experience. Sports psychologist Victor Thompson says you should embrace it rather than trying to avoid it. 'Discomfort is usual – see it as feedback on how hard and fast you are running. Accept the discomfort, welcome it, relish it and see it as part of your challenge.'

WEEKS	MONDAY	TUESDAY*	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	Rest	12x400m. Use your 5K time to work out 400m splits and run each 400m four secs faster than this. 30-sec jog between each	4 miles easy	2 miles easy, 3x1 mile at 10K pace, 1-min recovery jogs, 1 mile easy	Rest/cross-train	4 miles easy plus 4x60m strides	Long run, approx. 9 miles
<b>2</b>	Rest	6x800m. Based on 5K time, work out 800m splits and run each 800m 8 secs faster than this. 1-min jog between each	5 miles very easy plus 4x60m strides	2 miles easy, 5 miles tempo (10-15 secs/mile slower than 10K pace) 1 mile easy	Rest/cross-train	Tempo hills, 4 mins. Rest for 1 min. Repeat 3 times	Long run, approx. 9 miles
<b>3</b>	Rest	3x1-mile at goal 5K pace with 2-min recovery jog	5 miles very easy	2 miles easy, 20 mins at 10K pace, 1 mile easy	Rest/cross-train	4 miles easy plus 4x60m strides	Long run, approx. 10 miles
<b>4</b>	Rest	12x400m; as week 1, but run 10th rep all out; reduce recovery jog to 20 secs between each	7 miles easy	2 miles easy then tempo hills, 5 mins. Rest for 1 min. Repeat twice. 1 mile easy	4 miles very easy plus 4x60m strides	Parkrun (plus warm-up and cool-down)	Rest/cross-train
<b>5</b>	Rest	6x800m. As in week 2, but run 4th rep all out and reduce jog to 40 secs between each	6 miles very easy	2 miles easy, 5 miles tempo (10-15 secs/mile slower than 10K pace), 1 mile easy	Rest/cross-train	Tempo hills, 6 mins. Rest for 1 min. Repeat twice	Long run, approx. 8 miles
<b>6</b>	Rest	5x200m at goal pace with 200m easy jog between each	4 miles easy	2 miles easy, 2 miles tempo, 1 mile easy	Rest/cross-train	4 miles easy plus 4x60m strides	<b>RACE</b>

\*Precede Tuesday sessions with 1-2-mile warm-up and 2-3 strides (see p86). Finish with 1-mile jog. **KEY:** **Very easy** Recovery-jog pace. **Easy** Conversation pace. **Tempo** 10-15 secs slower than 10K pace – 'comfortably hard'. **Tempo hills** Run continuously up and down a 3-4 per cent gradient at tempo effort for specified duration. **Hills** Run hard up a 4-6 per cent gradient hill. Walk or jog down to recover.



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# TAPER CHASE

How and when you should reduce mileage to save your best for race day

**R**ecall how you felt the day after your longest run. Now imagine your race was the same day. How confident would you feel about doing your best? If you said 'not very', you grasp the point of the taper – cutting back your mileage before your goal race. As you run less, your hormone levels stabilise and your muscles replenish glycogen and oxygen stores. You can boost your speed by an average of two to three per cent with a taper of one to four weeks, says Inigo Mujika, author of *Tapering and Peaking for Optimal Performance* (£21.99, Human Kinetics). Here's how to choose the best taper for you, based on your goals and fitness.

## NO / SHORT TAPER

No change in mileage, or a 10-20 per cent reduction in mileage one to seven days before a race.



**CONSIDER IT IF You're not aiming for a time goal.** If you're just testing fitness before a main event, resting can steal training time. In some cases, running easy the day before will do, says running coach Julie Sapper.



**...OR You're experienced and you recover quickly.** Recall how you felt before other races, says running coach Tim Bradley. If your legs felt strong after a shorter taper, you probably bounce back quickly.

**SKIP IT IF You're tackling a new distance.** You lack the information to show how you'll respond to both the training and the taper, says Sapper. It's safer to err on the side of a longer cutback.

## 2-3-WEEK TAPER

**1st week:** Reduce miles by 25 per cent; **2nd:** reduce by 40 per cent; **race week:** reduce by 60 per cent.



**CONSIDER IT IF You're new to tapering.** Research shows this taper gives most people the optimal balance between recovery and maintaining the benefits of training. Start here unless you have evidence it won't work for you.



**...OR You're aiming for a personal best.** If you've used a plan, there's little to gain from running more miles now, says Sapper. Do the same number and types of runs each week; just make each one shorter.

**SKIP IT IF You're doing multiple races.** (eg two 26.2s in 4-6 weeks). Use this taper before the first race. After a few days' recovery, do the taper in reverse, capping it at 60 per cent of your peak, then ease off before the second race

## 4-WEEK TAPER


**1st week:** reduce miles by 10 per cent; **2nd:** reduce by 20 per cent; **3rd:** reduce by 30 per cent; **race week:** reduce by 50 per cent.



**CONSIDER IT IF You're coping with injury.** More rest may help you reach the starting line fit and well, says Lisa Reichmann, who coaches with Sapper at Run Farther & Faster in Maryland, US. But adjust your time goal.



**...OR You're highly stressed.** Stress can interfere with the way your body responds to training, necessitating more recovery time. 'Sometimes sleep is better than more miles,' says coach David Allison.

**SKIP IT IF You're on a streamlined plan.** Running three to four days per week allows time for recovery in your regular schedule, says Bradley. Cutting back how often you run for more than a week or two may cause you to lose fitness. 





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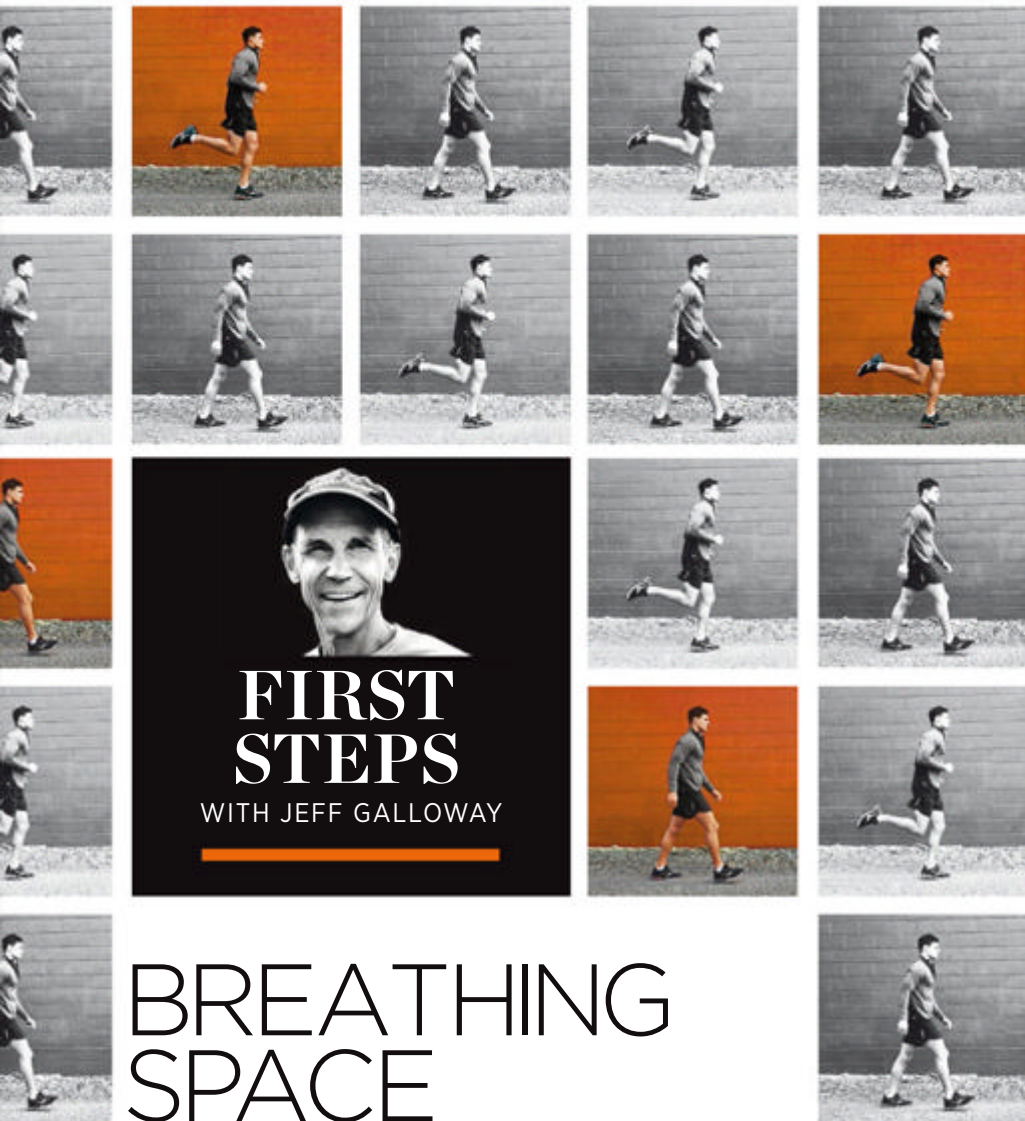


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# BREATHING SPACE

How regular walk breaks can keep you running

Would you like to reduce running-related fatigue? Lower your injury risk? Recover faster? Take walk breaks. I began teaching this method in 1974, after running in the 1972 Olympics, and have used it myself since 1978 to stay almost entirely injury-free. By using walk breaks you too can reap the sport's benefits without picking up niggles or running out of steam.



## WHO NEEDS THEM?

Every runner, but new runners especially. Becoming active when your body is used to doing very little will stress your legs, feet, and lungs in a new way; walk breaks allow your body to adapt safely. You're also far less likely to become exhausted and discouraged. Experienced runners may find walk breaks help them extend their runs.



## HOW OFTEN?

Newcomers with no exercise background should run for five to 10 secs, then walk for 50-55 secs. Those who've done a little exercise can run 15-60 secs, then walk 15-30 secs. After that, it's based on pace per mile: faster runners (nine-min pace) might run two mins and walk 30 secs; slower runners (18-min pace) might run 15 secs and walk 45 secs.



## WHAT ABOUT RACES?

The run-walk-run method will help you recover faster and may eliminate the reduction in speed many runners experience in the final stages of a race. Take early and regular walk breaks, but skip them during the last third of a race. It's more likely you'll have the energy to finish strong.

## Q+A

**I don't run with a watch.  
How do I know when to walk?**

You can count your steps: 80-100 steps equals about 30 seconds of running, while 44-60 steps equals 30 seconds of walking. If that sounds like a pain, consider a run-walk-run timer that beeps or vibrates when it's time to switch. (Or use a watch!)

**I walk all the way up hills.  
Is that OK?**

Yes, but if you have trouble starting again at the top, add short 'run breaks' (five to 15 seconds, every 30 seconds) when you're climbing. They'll help keep your muscles warm and primed to keep going.

## FACT OR FICTION?

**One mile of running burns more calories than one mile of run-walking.**

**FACT** Yes, you'll burn five to 15 calories fewer per mile when run-walking. However, walk breaks allow runners to go further each day without as much fatigue, which often results in a greater number of calories burned throughout the week.



**I must race to be considered a runner.**

**FICTION** The simple fact that you run makes you a runner. That said, racing can be fun, motivating and a great way to meet like-minded people. If you haven't tried it, find a 5K race or Parkrun ([parkrun.org.uk](http://parkrun.org.uk)) near you and give it a go!



# THE FUEL ELEMENT

Sidestep these common race-day fuelling mistakes and be ready to run at your best

**W**hether you're going to run a 5K or a marathon, the food you eat and the fluids you drink on race day can make or break your performance. Runners know this, of course. And still they make mistakes, maybe because of the hectic morning, the rush of endorphins or the confusing calorie maths.

Race-day fuelling is a tricky subject, says Lauren Antonucci, nutrition consultant for the New York Road Runners: on one hand, anything new or different is bad; on the other, you can't just eat as you normally would. 'What's healthiest on any other day probably won't earn you your best race,' says Antonucci. 'You have to suspend some of your normal health rules, which is hard to do.'

Since every race scenario is different, having experience doesn't necessarily mean you're immune to questionable food-and-drink decisions. Watch out for these six diet mistakes that can afflict even runners with the best-laid plans.

**1 NOT SCHEDULING TIME FOR BREAKFAST**  
'Eating too close to the race can cause cramp, heartburn and bathroom pit stops,' says Kate Sweeney, senior dietitian at Brigham and Women's Hospital in Boston, US. 'And it will cause your body to use its energy digesting rather than racing.' Skipping breakfast is not an option, either: low blood sugar can cause fatigue and dizziness on the course.

**Fix it** Eat at least two to three hours before your race starts, says Sweeney. For a shorter event, such as a 5K, that meal should provide 150-200kcal; longer

races, such as marathons, require much more (500kcal and up). Runners going 10 miles or longer may also need a snack (eg a banana or an energy bar) about 60 minutes before the start to keep blood sugar levels up. If you need more sleep, 'wake up early, eat, and then snooze a bit longer', says Sweeney.

**2 OVERDOSING ON PROTEIN, FAT OR FIBRE**  
An egg-and-cheese omelette isn't the smartest pre-run choice: its protein and fat take too long to empty from the stomach and become usable energy, and this can delay the absorption of the carbs you eat. 'Even if you can normally tolerate it before a morning jog, you'll probably be going harder and faster on race day,' says Antonucci. Also, watch out for high-fibre breakfasts, such as wholegrain cereals, which can cause cramping and GI distress. **Fix it** Eat an easy-to-digest, carb-based morning meal, such as a plain bagel with a little peanut butter, and a banana; or toast with jam. Porridge is a little higher in fibre, but if it has worked for you in training, it's OK to stick with it.

**3 DRINKING ALL MORNING**  
Dehydration can wreck your race, but so can having to run for the toilet at mile two with a sloshing stomach and a full bladder. Drinking too much water can put endurance runners at risk of developing exercise-induced hyponatraemia, a sodium imbalance in the body that, in extreme cases, can be dangerous.







**Fix it** 'Get most of your fluids – up to 750ml – at least 90 minutes before the start,' says Antonucci. 'And then chill out. Take a final few swigs – 175-250ml – before the race starts.' On very hot and humid days, plan to slightly increase your fluid intake. Use the colour of your urine as a hydration guide: it should be light yellow, but not totally clear.

## 4 TRYING A NEW GEL

It's hard to predict how your stomach (and your gag reflex) will react to something new in a strenuous environment such as a race. No matter how enticing that mocha caramel cinnamon gel sounds at mile 20, race day is not the day to sample it for the first time. It may power you through until the end; but it's just as likely to power you straight to a toilet – if you can find one.

**Fix it** Find out before the race what will be served on the course (if the race's website doesn't specifically say it, the list of race sponsors may give you a clue). Sample those brands and flavours ahead of time. Or simply travel with your own trusted nutrition in a pocket or waist belt.


## 5 SKIPPING AID STATIONS

You're several miles in and feeling great – why waste time slowing down and walking through a water station or wrestling with a gel? Because by the time you no longer feel great, it may be too late. 'During races, we don't get normal hunger signals,' says Sweeney. 'We often find out by cramping, slowing or getting dizzy that we didn't fuel or drink properly.'

**Fix it** You don't need to chug a full cup at every aid station. But make sure you get at least a couple of sips every two to three miles, and take in at least 30-60g of carbs (120-240kcal) every hour after your first 60 minutes of running. Practising your fuelling during long training runs will help you perfect your race-day plan.

## 6 HEADING FOR THE BEER TENT

Congrats, you've finished! By all means, have a beer: you deserve it – but not without first refuelling with some real food and water. 'Alcohol has a diuretic effect, so the more you drink, the more fluids you actually lose,' says Sweeney. Although beer is full of carbs, they're not the best carbs for replenishing glycogen stores and aiding muscle repair.

**Fix it** 'You'll recover faster if you take in some solid nutrition first,' says Antonucci. A sandwich, yoghurt or a protein bar (with a bottle of water) 30-60 minutes post-run is ideal. Then enjoy that lovely beer. 

## DINNER NO-NOS

Avoid doing any of these things the night before your race



### OVERLOADING ON VEGGIES

'Eat less fibre today than usual,' says nutritionist Lauren Antonucci.



### STUFFING YOURSELF

If you eat too much, no matter how healthily, you may be unable to sleep.



### GUZZLING COLA

Go easy – the caffeine content may keep you awake. That goes for coffee, too.



### ORDERING EXTRA-SPICY

These foods can result in heartburn, nausea or worse.



# Fitter food

High in protein and deliciously versatile, wild Alaska salmon is having a moment

**T**hey call it 'the fit fish'. Free to roam the icy waters of the Pacific, wild Alaska salmon is naturally lean and low in fat, and a powerhouse of nutrients. A true superfood, wild Alaska salmon is ideal for healthy lifestyles – it's high in protein and contains essential omega-3 fatty acids and vitamins. It's why tinned wild Alaska salmon is such a go-to food, ready to supercharge a meal at any time of the day.

## 10 Reasons To Eat Wild Alaska Red Salmon

- 1 Wild and free:** fished from the icy waters of the Pacific Ocean
- 2 Low in fat:** the so-called 'fit fish' is naturally lean
- 3 High in omega-3s:** keeping you healthy for longer
- 4 Your protein hit:** it nourishes your body post-run
- 5 Ethical:** Alaska's sustainable fishing industry is world-renowned
- 6 Multivitamins:** get a hit of vitamins A, B and D, plus amino acids and selenium
- 7 All natural:** fished from its natural habitat, with no pesticides
- 8 Quality:** frozen straight after being caught to lock in all those vitamins, minerals and other nutrients
- 9 Versatile:** from fine dining to quick and easy meals
- 10 Not farmed:** enjoy a richer, meatier taste and texture



## WILD ALASKA SALMON BREAKFAST FISH CAKES

These scrumptious fish cakes are made simply by mixing mashed potato with chunks of canned wild Alaska salmon and fresh herbs. Cook them in a little butter and olive oil and top them with a poached egg

### SERVES: 4

### INGREDIENTS

- 1 x 418g or 2 x 213g cans of wild red Alaska salmon
- 500g (1lb 2oz) potatoes, peeled and cut into chunks
- 2 tbsp chopped fresh parsley or chives (optional)
- 28g (1oz) butter
- 1 tbsp olive oil
- Salt and freshly ground black pepper
- 4 eggs
- 2 tsp vinegar

### METHOD

- 1** Drain the salmon, discarding the liquid. Remove any skin and bones, if you wish, then break the salmon into large chunks. Cover and set aside.
- 2** Simmer the potatoes in lightly salted boiling water for about 20 minutes until tender. Drain well, then mash them. Cool for a few minutes.
- 3** Mix the salmon chunks through the mashed potato with the parsley or chives, if using. Season with salt and pepper. Form into four large or eight small fish cakes.
- 4** Heat the butter and olive oil

in a large frying pan and fry the fish cakes gently on both sides for four to five minutes, until browned. Meanwhile, poach the eggs in simmering water with the vinegar until done to your liking, allowing three minutes for a soft poached egg. Drain well and serve on top of the fish cakes.

### COOK'S TIPS

Adding a little vinegar to the water when poaching eggs helps to keep them together. This is a fantastic recipe for using leftover mashed potato.





# BE ON YOUR SHIN GUARD

Protect a neglected area with these easy moves

You don't think about your shins until they hurt. And by then you may have already done the damage. A recent study found that it takes, on average, 71 days to rehab shin splints (pain on the front outside part of the lower leg). The problem often occurs when your legs are overworked. That can be caused by a jump in mileage or when your shins pick up the slack for weak areas elsewhere, says sports medicine specialist Dr Susan Joy. **Protect yourself by strengthening your feet, ankles, calves and hips, which support your shins.** Do 2-3 sets of 10-15 reps daily, unless otherwise directed (but not before a run).

## SHIN DOCTOR

### MASSAGE WITH ICE

Freeze a paper cup filled with water. After a run, tear off the top edge of the cup and massage the inside of the shinbone for 10-15 minutes to reduce inflammation.

### ADD ARCH SUPPORT

By 'lifting' your arch with insoles, you take stress off of your lower legs. You don't need to use these forever if you do strength work - remove them once you've recovered. Look for insoles in running shops.

### STRETCH AND REST

Loosen up tight calves and Achilles tendons - both can contribute to shin splints. Reduce running mileage and do low-impact cross-training (eg cycling or swimming) instead. When you resume your training, do so gradually.



### TOE CURLS

Stand at the edge of a towel, with your feet hip-width apart. With the toes of your left foot, gather the towel and slowly pull it towards you. Return to the start and repeat with the other foot.



### MONSTER WALKS

Place a resistance band around your thighs. In a wide stance, step forward and to the left with your left leg (a). Bring your right leg up to meet your left, then step to the right (b). Walk backward the same way. Repeat.

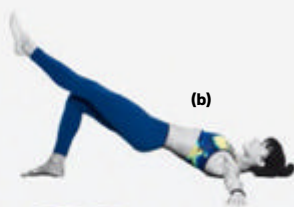


### HEEL DROP

Stand on your toes on the edge of a step (a). Shift your weight to your right leg, take your left foot off the step and lower your right heel (b). Return to start and repeat with your left leg.

### ONE-LEGGED BRIDGES

Lie on your back, arms out to the sides, knees bent, feet flat on the floor. Squeeze your glutes to lift your hips off the floor (a). Extend your left leg out (b) and hold for 30 seconds, then lower it. Repeat with your other leg. Do 2-3 reps on each side.



For a video demonstration, go to [runnersworld.co.uk/shinguards](http://runnersworld.co.uk/shinguards).





### 7.30AM: WORK BEGINS

'I'm in theatre by 7.30am sharp, dressed and ready to go. We start operating at 8am, and I'm always alert, ready to respond to changing situations quickly. Comfortable shoes are a must; very often I might be standing in the same spot for hours.'

# IN HER SHOES

When there's no such thing as a typical day at work, feeling comfortable is essential

**D**ressed in her scrubs and ready to spring into action at any moment, operating-department practitioner Sarah Gray thrives on her high-pressure hospital job. She's on her feet all day, so feeling comfortable is vital. When work is done, it means she's left with enough energy to indulge in her other love: running.



### NOON: LUNCHTIME RUN

'It pays to be physically fit in my line of work, so I always make time for exercise. Running is great for clearing the mind, so I'll often slip into my trainers and get outside for a run on my lunch break, or I'll head out straight after work.'

### 6.30PM: TIME TO UNWIND

'I'll stretch after a jog, or take an after-work yoga class. Later on, I'll run a bath while listening to my favourite music: I find that a good soak always soothes my muscles and recharges my batteries at the end of a long, challenging day.'



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BREAD WINNER:  
Get a slice of  
the carb action



## Q Do you still eat carbs? I keep reading they're bad for us

**C**arbs are an important part of my diet. Without them I'd **struggle** to cope with the demands of training and races. Some diets advise eliminating all carbs, but this would leave a distance runner feeling fatigued, leading to bad performances. Carbs – stored in your muscles and liver as glycogen – are a perfect fuel source for runners. If glycogen stores are low, your body will use other sources of fuel, such as fats and protein, but the body has to work harder to access them and turn them into energy.

Focus on complex carbs and increase your intake in the days before a long race. This will reduce the likelihood of 'hitting the wall' (which occurs when you run out of glycogen). Post-exercise, your levels of the enzyme glycogenase are raised, making the muscles and liver more receptive to storing carbohydrate. This window of opportunity for refuelling lasts for up to two hours and you should take full advantage of it to aid your recovery.

### Jo's pro tip Practise race-day hydration and fuelling

This will help you avoid an upset stomach. Practise with the sports drink to be provided on the course, as well with as your own gels. And find out where the sports drink stations and water points will be, so you can plan when to drink.

Email your training, racing and running queries to [rwedit@runnersworld.co.uk](mailto:rwedit@runnersworld.co.uk) with the subject 'Elite Advice'.\*

## Q What is the best way to pace a marathon – a positive, even or negative split?

Runners often debate this issue: the most popular view is that it's best to aim for a negative or an even split – running the first half slightly slower than the second, or both halves the same. Marathon world record holders Dennis Kimetto and Paula Radcliffe both ran negative splits.

Pacing this way means you won't go too fast in the first half. If this happens you risk producing lactate quicker than your body can clear it, which will slow you down a great deal. Your glycogen stores will also be used up faster. However, if you're too slow, you won't be able to make up the time to get the result you're capable of.

Many runners have run their best times with a positive split, running the first half slightly quicker. The two men who held the record before Kimetto – Wilson Kipsang and Patrick Makau – ran positive splits. To run using this approach the splits must still be quite similar.

The argument in favour of this approach is that your muscles tire as the race goes on and as slow-twitch fibres fatigue, less efficient fast-twitch fibres are recruited, your running economy suffers and it becomes harder to maintain your pace.

The real secret to pacing is to know your lactate-threshold pace, which is sustainable for the distance. This is your goal pace, which you'll have worked out in training. You should also listen to body during the race and adjust your pace if needed.



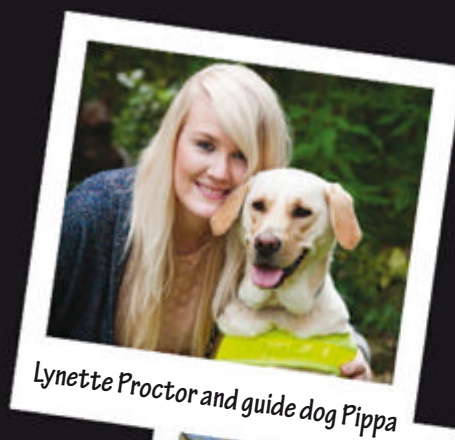


# Great North Run 2015

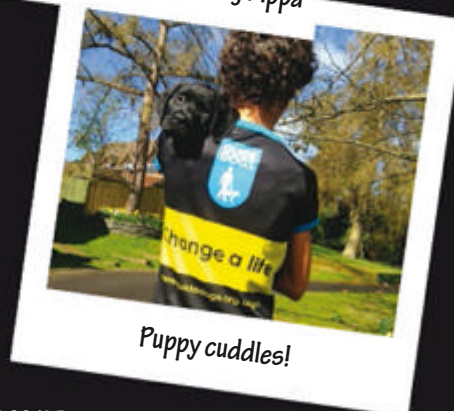
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*Lynette Proctor and guide dog Pippa*



*Puppy cuddles!*





## ASK THE PHYSIO

WITH PAUL HOUGH

# MIDDLE CLASS

Build core strength to guard against injury and boost your power

### THE ISSUE: A WEAK CORE

It's a curse of modern living that most positions you find yourself in during the day do not benefit your core muscles. Sitting at a desk, driving, standing around chatting – for most of us there are very few moments when we have perfect posture and engaged abdominal muscles.

### HOW IT AFFECTS YOUR FORM

A weak core reduces your ability to utilise the strength you've developed in training, because you lose the connection between the central body mass and the extremities. It's like using a door with a broken hinge – it doesn't move very efficiently and those parts that are working are overstressed and likely to break.



A lack of core strength will also compromise your ability to maintain level hips, affecting your knee control and increasing your risk of developing a wide range of injuries, such as runner's knee, shin splints, calf tears and high hamstring tendinopathy. In fact, a weak and ineffective core may be the root cause of just about every running-related injury.

### THE TEST

Lie on your back, knees bent and feet flat on the floor. Place your fingertips over the bony outcrops on the front of your pelvis, then slide them an inch inward and an inch downward. Now cough and you'll be able to feel the muscles that travel diagonally toward your groin on each side. These are your transverse abdominus (TA) muscles. Tighten them by imagining you're going to the toilet and then stopping the flow.

With these muscles engaged, draw in your belly button toward your spine and slightly flatten your lower back toward the floor. Keeping your fingertips over the TAs on both sides, slowly 'march' your legs up (about three inches) and down, while feeling for any loss of tension or shift in tension between left and right. If you can manage 25 leg lifts on each side with perfectly tensed TAs, you have core strength. If not, you need to do some work.

### RECOMMENDED MOVES

Start by performing the test above. Aim for three sets of 25 reps each day. Then move on to the moves below.



### RUNNER'S SIDE PLANK

Lie on your right side and prop up your upper body using your right arm. Engage your core and raise your hips until your body forms a line from ankles to shoulder. Flex at the hip and lift your lower leg, in a 'running' motion. Hold for five seconds. Repeat 10 times on each leg, then do the move on the other side.



### STABILITY BALL BRIDGE

Lie on your back, legs raised, heels resting on a stability ball. Lift your hips, maintaining a straight line from shoulders to feet. Try to lift one leg off the ball and keep your balance. Do three sets of 25 daily. To make the move more difficult, fold your arms. Build this move and the side plank into your daily routine.



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# GEAR

## TRACK

## EVENTS



### ► Jabra Sport Pulse

£199.99, selfridges.com

These durable, sweat-proof wireless headphones not only play music but also use an accelerometer (or your phone's GPS) to gauge pace and distance, and biometric heart-rate monitors to measure your pulse from your ear. Once linked with an Android or iOS smartphone you can sync with most existing training apps, or use the beautifully designed Jabra Sport Life app, which gives you access to functions such as VO<sub>2</sub> max tests and heart-rate training programmes. You can even set up the headphones to speak your training stats into your ear, so you don't have to look at your phone. The sound quality is impressive, so you don't have to crank up the volume to listen to music.

**Best bit** Being able to hear real-time training data.

**Worst bit** The fiddly process of getting a battery-life reading.

Add new levels of precision to your training with the latest generation of GPS-enabled data-recording gadgets

EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
6.5	9.5	8	8.5	9	8.5







## ▶ TomTom Multi-Sport Cardio

£249.99, [tomtom.com](http://tomtom.com)

This device hits the sweet spot between ease of use and nifty technology. The interface is simple and for the price you get plenty of bells and whistles, such as a strapless HRM (LED sensors on the watch measure bloodflow through your wrist); a 'Race Yourself' function, where you can compete against any of your last 10 runs; five different heart-rate training-zone programmes; and Bluetooth

connectivity with several tracking apps, including MapMyFitness, Runkeeper and Strava. On the downside, the heart-rate readings are only about 85 per cent accurate, and GPS connection can take anywhere from 30 seconds to five minutes to lock – not great for a company that specialises in satellite technology.

**Best bit** A technophobe would have no trouble using it.

**Worst bit** The chunky dimensions.

EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
10	9	10	6	7	8.5

## ▶ Suunto Ambit3 Sport

£325, [wiggles.co.uk](http://wiggles.co.uk)

This is chunky but comfy, and packs masses of functionality. Setup/use is fairly intuitive and it does the basics very well – GPS lock is quick and the data is extremely accurate. The HR chest strap seems old school compared with other high-end models that offer on-wrist measurement, but data is reliable. There's a lot beyond the basics, too: cadence data taken direct from your wrist movement; precise ascent/descent stats;

navigation and strong multisport functionality. The data on recovery time you've 'built up' from your activities is nifty, but the non-run-time activity tracker is a blunt instrument, with no step-count or distance-walked info. The Ambit connects with your phone using Bluetooth Smart, and to Suunto's Movescount app and website.

**Best bit** Accurate cadence stats taken from your wrist movement.

**Worst bit** Limited activity tracker.



EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
7	9.5	8	9.5	8.5	8.5



## ▶ Polar V800

£399.50, [polar.com/uk-en](http://polar.com/uk-en)

An extremely high-tech piece of kit, as suggested by the hefty price tag. It'll give you all the training info you could want – and probably more besides. As well as the usual measurements, it gives data on cadence, running economy, transition times in multisport training, sleep and heart-rate variability, to name just a few. You can even take the 'Jump Test' to measure leg strength and find out how tired your muscles

are. However, little operating tics are irritating – such as the GPS not updating the time and date when you enter a new time zone, or being unable to reconfigure your data screens on the watch (you have to do it on your computer).

**Best bit** Tapping the heart-rate sensor on your chest to quickly scroll through the data screens.

**Worst bit** Slow GPS acquisition, and having to stand completely still in order to get a lock.

EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
7	9	5.5	7	8.5	7.5





## Garmin Forerunner 220

£239, [garmin.com](http://garmin.com)

This lightweight, slim watch hasn't compromised on functionality. The GPS connection is usually less than 10 seconds and the interface is simple to navigate. For runners who just want to track distance, progress and heart rate, there is almost no set-up, and there is even a Bluetooth connection to upload your data straight to your phone. Taking the time to work out how to programme HR zones and lap times allows you to personalise

your workouts – which you can download to the watch; this is a real asset to help with those long-term goals. It's also waterproof to 50m, so while it won't capture swim metrics it's fine to wear in the pool or even in salty sea water. Excellent value for the price.

**Best bit** No more cables to upload data to your computer.

**Worst bit** It only comes in red and purple, which may not be to everyone's taste

EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
8	8.5	7	9	8	8

## Epson RunSense SF-810

£299, [epson.co.uk](http://epson.co.uk)

This has lots of potential, but the details let it down: the optical heart-rate sensor on the device means you don't need a HR strap, but you need to tighten the watch strap a fair bit to avoid wildly fluctuating data; the battery life is superb (up to 30 hours of GPS function), but the clunky charger is a throwback to the 1990s; the actual functionality of the watch is great (accurate GPS, easy-to-read screen and a touch-screen facility

to scroll through data fields on the run), but for the price the device doesn't feel high-end. A decent entry into the market from Epson, but some finessing is needed.

**Best bit** The Smart Stride Sensor, an accelerometer that learns your stride length to continue recording speed and distance data if you lose GPS signal.

**Worst bit** Very poor app; incredibly tricky and slow to get run data onto the app or the site.



EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
5	8	5	9	7	6.5



## Garmin Forerunner 920XT

£389.99 (£419.99 with HRM-Run chest strap), [garmin.com](http://garmin.com)

It's difficult to do justice in a short review to all this multisport unit offers. If you can think of a function, this probably has it. In running terms, for example, it measures your cadence (and has a metronome feature to help you increase it) and stride length. Pair it with the chest strap and it will tell you your vertical oscillation and ground contact time, estimate your  $VO_2$  max and predict how fast your next 10K

will be. And that's before we even get to the capabilities for swimmers and cyclists, and the step counter, sleep monitor and flawless wireless uploads to Garmin Connect. This is an outstanding piece of technology.

**Best bit** Using cadence and ground contact time feedback during a run to tweak your form.

**Worst bit** Not using it to anywhere near its full potential by not doing much swimming or cycling.

EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
7.5	9.5	8.5	8.5	9.5	9



Vitality



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Photo by Miles Willis/Getty Images for New Balance



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## ▼ Polar M400

£169.50, polar.com/uk-en

Setting this up with Polar Flow (Polar's online training portal) is a tedious process, but the M400 offers runners a considerable list of features for a mid-range watch. Aside from the impressively accurate GPS function, it's also a fitness tracker, measuring metrics such as steps and quality of sleep. The menu is simple: you can select running and simply set off or use the built-in fitness tests to help calibrate your calorie burn and

heart-rate zones. The data pages showing your activity are clear and comprehensive, and the finish-time estimator is a nice touch, showing you how long until you complete a set distance, judging by your current pace. The watch also syncs with a smartphone, allowing you instant access to all your data.

**Best bit** The simplicity; it's easy to use once you've set it up.

**Worst bit** The heart-rate monitor feels slightly heavy and dated.

EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
7	8.5	8	8	7	8

## ► Timex Ironman Run X50+

£149.99 (£179.99 with HRM), timex.co.uk

A phone-dependent smartwatch that integrates with a Timex app and the GPS on Android and iOS phones via Bluetooth to display metrics such as pace and distance. This works well, until you lose GPS signal or your phone runs out of battery on a long run, leaving you, in effect, data-less. It also needs to be synced with the app each time you run, which is quick but still a little annoying if you just want to press

a button and go. Without GPS it records time, date and has an interval timer mode, and as a smartwatch it has a large range of functions, including displaying notifications from your phone such as texts, calls, email, Facebook and music control. **Best bit** Battery life. Roughly eight hours of GPS usage still means you need to charge it only once a week. **Worst bit** Praying for a strong, consistent GPS signal.



EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
7	8.5	6	7	7	7

## ▼ Garmin Forerunner 15

£119.99, garmin.com



This lightweight device is reliable, accurate and provides plenty of data. The display settings are changeable, so you can set up to your own preferences, and syncing to your Garmin Connect is extremely simple. Decent functionality for the low price. **Best bit** Doubles as an activity tracker, counting your steps and encouraging you to move more. **Worst bit** Connecting to satellites can take some time.


EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
8	8.5	8	6.5	8.5	8

## ▼ Soleus GPS Pulse +HRM

£167, soleusrunning.eu



This has impressive functionality, including six interval timers, auto-lap and a calorie counter. It also reads your heart rate from your wrist, so there's no need for a chest strap. Battery life is excellent. But it's fiddly to operate and lining up the sensors with the charger was a pain. It packs in a lot, and is best suited to those who are very serious about their running.

**Best bit** The heart-rate monitor. **Worst bit** Awkward to operate. 

EASE OF SET-UP	FUNCTIONS	EASE OF USE	GPS SPEED	DATA ACCURACY	OVERALL
6	8	6	7.5	9	7.5

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ON TEST

# FIRESTARTER

Can Puma's bounciest ever running shoe ignite your speed?

Deep flex grooves allow for easier bend in the forefoot and quicker toe-off.

A filled-in arch section on the outsole aids quicker transition from heel to toe.

A groove along the outsole guides the foot through a more natural gait pattern.

## Puma Ignite

£80, [jdsports.co.uk](http://jdsports.co.uk)

The Ignite, which is worn by Usain Bolt for 400m reps in training, is Puma's contribution to the growing range of running shoes that are designed to offer superior cushioning with less weight. What's more, Puma claims that in terms of energy return the Ignite beats the market leader, the Adidas Energy Boost.

The moulded insole hugs the shape of the foot and dries quickly.

The upper mesh is highly breathable, but keeps out debris.

Chevrons in the midsole foam compress and rebound for more bounce and energy return.

**RW verdict** We don't yet have the lab data to verify whether the Ignite is the bounciest shoe on the market, but wear-testing confirmed that it certainly offers impressive energy return. It's extremely flexible in the forefoot, but less so in the midfoot, which makes it a good option for forefoot and midfoot strikers. The toebox is rather narrow and the midfoot support can feel a little constrictive, but these issues are easily sorted out if you go up a half size. Overall, the Ignite offers a very good blend of low weight (283g for men, 232g for women), speed and cushioning.

★★★★★☆☆

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### Mammoth Performance 20 Mattress

From £839, [mammothmattress.co.uk](http://mammothmattress.co.uk)

Our tester raved about this extremely comfy mattress. It contains medical-grade foam to support your weight, alleviate pain and distribute pressure more evenly – especially helpful if you have back problems.



### Celestial Sleepytime Tea

£2.50 for 20 bags, [planetorganic.com](http://planetorganic.com)

This soothing herbal infusion is made from a blend of camomile, spearmint, lemon grass, tilia flowers, orange blossom and hawthorn, which means not only does it have a mildly sedative effect, but also it tastes pretty good.



### Andrew Johnson Deep Sleep App

£3, with [andrewjohnson.com](http://andrewjohnson.com)

Sometimes the power of suggestion is all you need. Download this recording in app or MP3 format and listen to Johnson's gentle Scottish burr as he teaches relaxation techniques to help you develop a regular sleep pattern.



### Better You Magnesium Oil Sports Spray

£12.20 for 100ml, [betteryou.com](http://betteryou.com)

Magnesium increases bone strength, eases muscle aches, protects the immune system and helps in the production of energy. Use this oil, which contains camphor, black pepper and lemon, to reduce stiffness and help you relax.

## ON TEST REST ASSURED

Quality sleep is essential for your recovery, adaptation and overall progress as a runner. Use this kit to help you get the shut-eye you need



### Lumie Bodyclock Active 250

£99.95, [lumie.com](http://lumie.com)

This dawn simulator lights up over 15-90 minutes to wake you gradually. It's also useful for bedtime, offering a gradually dimming sunset option, wave sounds to help you nod off and a white-noise setting to cover sounds that might keep you awake.



### Smart Recovery Bedset

From £40, [finebedding.co.uk](http://finebedding.co.uk)

This bed set contains a double duvet and two pillows filled with tiny, soft-but-durable silicone microfibres. We can confirm the duvet rests gently on top of you instead of pinning you to the bed, and the pillows support your neck without leaving it feeling stiff.



### This Works Deep Sleep Pillow Spray

£16, for 75ml, [thisworks.com](http://thisworks.com)

Spray a fine mist over your pillow, breathe it in and drift away. It's made from essential oils of lavender, camomile and vetiver (a type of grass that's known for its soothing properties, in case you were interested).



### Molton Brown Sleep Cedrus Body Oil

£27 for 100ml, [moltonbrown.co.uk](http://moltonbrown.co.uk)

As well as moisturising your skin, this concoction contains evening primrose oil to reduce inflammation, lavender oil for relaxation and cedrus oil, which promotes sleep and improves blood flow to sore muscles.

## AT A GLANCE

This fresh, coastal route is seriously flat and rapid - ideal if you're looking to set that illusive PB whilst enjoying Scotland's beautiful coastal scenery. Finishing at Musselburgh Racecourse, the route offers an incredible grandstand finish, offering you an unrivalled standing ovation as you cross the finish line. Don't miss out on the must-do event of 2015.

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# STOCKHOLM HALVMARATHON

*12. September 2015*



**THE RACE:** The 14th Stockholm Half Marathon will take place on Saturday 12 September 2015. Start at 15.30.

**THE COURSE:** The Stockholm Half Marathon is run on an inspiring and fast course through central Stockholm. The difference between the highest and the lowest point of the course is 27 metres. Start and finish outside the Royal Palace.

**THE RUNNERS:** The maximum running time is 2 hours and 45 minutes. 18,000 entries will be accepted in 2015.

**WEATHER CONDITIONS:** Average temperature in mid September is 15 degrees C.

**THE CITY:** Welcome to Stockholm, one of the world's most beautiful capitals. Built on 14 islands around one of Europe's largest and best preserved medieval city centres, the Swedish capital is superbly positioned, with stunning and extremely varied scenery in every direction.

**RACE OFFICE:** Phone: +46 – 854 566 440.

E-mail: [info@StockholmHalfMarathon.se](mailto:info@StockholmHalfMarathon.se)

Web site: [StockholmHalfMarathon.se](http://StockholmHalfMarathon.se)

**TOURIST INFORMATION:** Stockholm Visitors Board.

Web site: [stockholmtown.com](http://stockholmtown.com)

**ORGANISERS:** Athletic clubs Hässelby SK and Spårvägens FK.

**[www.StockholmHalfMarathon.se](http://www.StockholmHalfMarathon.se)**

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[StockholmUltra.se](http://StockholmUltra.se)

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[StockholmMarathon.se](http://StockholmMarathon.se)



ROUTE RECCE **p123** TAKE YOUR PICK **p125** BRING BACK... **p126**

# RACE

LET YOUR TRAINING LOOSE

## UP AGAINST IT

The Keswick Festival Trail Half Marathon is a stunner, but don't be fooled by its looks, says **John Carroll**





**PERFECT DAY**  
A location to make  
the heart soar



**W**hen I noticed four-time Ironman world champ Chrissie Wellington lining up, I knew the pressure was off. I could run at my own pace and be sure that at no point would anyone be asking, 'Is that man weeping?'. All the attention would be on Wellington, at least until she disappeared over a mountain with a single joyous bound.

I was in Cumbria, at the Keswick Mountain Festival, a weekend of running, cycling and swimming events, as well as music and various adventure activities. I'd entered the half marathon and I wasn't as prepared as I'd have liked. I'd done as much off-road hill training as was possible in London, but this was not a trail race for first-timers. I was a first-timer.

I'd arrived the day before and checked into the Keswick Country House Hotel before finding out where I had to be the following morning. A boat would take us across Derwentwater to the start point, from where we'd run, walk, slip, climb and trip our way back to Keswick.

By 10am the next morning it was already bright and warm. In the boat I listened to the conversations building up around me. Several of the runners had done the route before and the consensus was that it was tough in places but, overall, perfectly reasonable. This did not make me feel any better, as many of these lean, weather-lashed runners had tattoos and every one, no matter the design, announced, 'I've done this sort of thing before: have you?' The general air of confidence was making me slightly nervous and the tang of Deep

Heat, which even the breeze whipping across the lake could not dissipate, was making me slightly nauseous.

On the far shore we listened to the instructions ('Follow the flags and use the water stations') and off we went. The first section took us along the shore and though the ground was often crisscrossed with roots, I found time to take in the glorious scenery. As I marvelled, runners leapt past me, like deer that had just heard something.

After a brief road section the route began to rise and the off-road climbing commenced. And it was tough. Some runners scampered ahead, leaping from rock to crag to clump to, it seemed, pockets of air that held their weight. The rest of us slowed and heaved and bent and wheezed. By this time, the sun had risen as high as it wanted to go,

which seemed to be a point about three feet above my head. We'd been advised to bring some water, so I'd taken a hydration pack from the RW gear-testing cupboard. What's that we tell people about not trying anything for the first time in an event? It didn't go well. I could hear the water

sloshing around on my back, but most of it stayed there. Either the bite valve wasn't working properly or I wasn't, but so little water was coming out from so much exertion that I had to decide whether to give up or pass out from the effort of trying to suck in liquid while also trying to breathe

through my nose, watch where I was going and keep my bib number from flapping into my face. I gave up.

Here's the kind of race it was: every now and then we'd pass through a gate and the runner who was slightly ahead would

## THIS WAS NOT A RACE FOR FIRST- TIMERS

### STRONG POINT

To tackle hills you need strong quads and hamstrings, and a solid core. These exercises from trainer Sarah O'Neill (sarahoneil.co.uk) will prep your body.

#### THE PLANK

Prop yourself up on your forearms and toes. Tighten your abdominals and maintain a straight line. Hold for 45 secs and repeat the move three times.



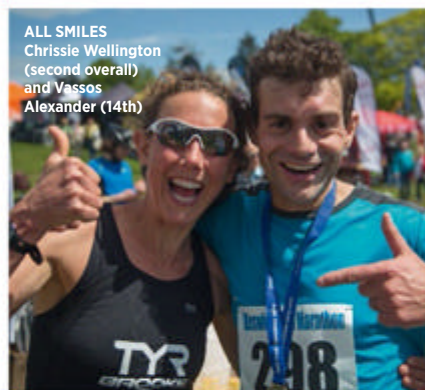


invariably hold it open for the next person. And while there was little conversation around me, I never for a second felt alone. (The regular flags meant there was no danger of veering off course.)

A steep, alarmingly rocky descent took us to the first drinks station, where many runners slowed to a walk and threw back the water, electrolyte drink and pieces of banana on offer. Despite the efforts we'd already made it was as cheery an atmosphere as I'd encountered in a race.

As I took off again, I noticed my feet were not doing their usual satisfactory job. They were dragging and catching on stones and clumps of earth. My ankles will roll quicker than a Labrador, so I knew I was going to have to pay more attention to where I placed my feet – every step of the rest of the way. That kind of concentration takes a toll. The first section after the fuel station was rocky, twisting and hilly. Then came another hill. A really long one.

On we went, strung out for miles – now on hard trail, now up to our ankles in bog, now carefully making our way down stony sections. Unwise as it is in a race, I was often tempted to stop and stare: England has never looked so wide, so clear and so beautiful as it did that day. Eventually, however, I had to pull up when I felt the warning tremor of impending cramp in



ALL SMILES  
Chrissie Wellington  
(second overall)  
and Vassos  
Alexander (14th)



IN THE SHADE  
Making the most  
of a little cover

## THE RUNDOWN

### The Keswick Trail Half Marathon

Cumbria (2014 stats)

**First man** Gareth Green **1:50:59**

**First woman** Chrissie Wellington **1:53:52**

**Last finisher** 3:35:51

**Starters/finishers** 85/83 (98% finished)

#### Finishing stats

1:29-1:59 2.5%  
2:00-2:29 31.5%  
2:30-2:59 43%  
3:00-3:29 18%  
3:30-3:59 5%



my left calf. 'You OK?' asked a woman in her twenties as she and her friend loped by. 'Cramp,' I answered, stretching manfully. 'Oh, sorry,' she called back.

Somehow, the easy concern of another runner gave me a burst of energy. In fact, I passed one of the women later on and was moving fairly well until I felt the tremor again, so I stopped once more to stretch. I was parched by this time, so I took off the hydration pack, unscrewed the cap and tipped up the whole bag to take a drink. With my coordination badly compromised by fatigue, I tipped too far and water spilled all over my face. I'd put an electrolyte tablet in there, so as the water dried my face became sticky. I felt like four idiots.

The hard-packed trail finally, mercifully, wound down into cool, shady forest. I soon reached the second fuel station, downed what I could, soaked up the loud encouragement from the people manning the station and pressed on.

By now, all semblance of efficient form had vanished: my knees were knocking against each other and my shoulders had crept so far up the sides of my head I thought they were having an affair with my ears. I was run-walking and I was aching and hot. And I had a sticky face. The last section took us along the road back into Keswick and then, finally, up one last hill and back to the park. People were applauding for some reason, so I broke into a stumble to cross the line. It had taken over three hours. I was very tired, but I felt a huge sense of accomplishment.

This was an unfussy, easygoing, very friendly race. It's a challenge and I would recommend some appropriate hill training before you tackle it, but I most definitely do recommend you tackle it.

● **Run it** The 2015 Keswick Mountain Festival takes place from May 14-17. [keswickmountainfestival.co.uk](http://keswickmountainfestival.co.uk)



GROUP LEADER  
A moment of glory  
for RW's John Carroll

Photographs: Stuart Holmes, Steve Ashworth



#### JUMP SQUAT

With your feet wider than hip-width apart and your back straight, lower into a squat position. Jump up quickly and land with bent knees. Do two sets of 10 reps to work your quads, glutes and hamstrings.



#### WALKING LUNGE

Step forward with your left leg, lowering your right knee to the floor. Now push through your left heel, stepping your right leg through and lowering the left knee to the floor. Do 10 reps on each leg to strengthen your leg muscles.



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**Starters/finishers** 5,351/5,325 (99%)

2.50-3.50. 40%



● **Run it:** The 2015 race is on May 10, visit [runnersworld.co.uk/leedshalf](http://runnersworld.co.uk/leedshalf)





# REMEMBER TO RUN LONDON

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## Take your pick

## City races

A run in the bracing country air is a joyous experience, but sometimes you can't beat the buzz of racing around city streets usually jammed with traffic or packed with shoppers

### May 2

#### Rainbow Run

**Nottingham**

It sounds as much fun to be a marshal throwing packs of coloured powder over everyone as it does to run this 5K through Forest Recreation Ground. Either way, you'll end up covered in every colour of the rainbow.

[Runnersworld.co.uk/rainbowrun](http://Runnersworld.co.uk/rainbowrun)

### May 3

#### Great Birmingham 10K

**West Midlands**

The reason for the midday start of this new race may be to allow visitors to fit in a Saturday-night trip to the Balti Triangle. It's a point-to-point event that takes in the city's scenic delights, including Edgbaston Cricket Ground and the space-age Bullring shopping centre.

[Runnersworld.co.uk/gb10k](http://Runnersworld.co.uk/gb10k)

#### Run Sunderland Festival

**Tyne & Wear**

Both the 10K and half marathon start and finish at Sunderland AFC's Stadium of Light, and they also take in the city's other iconic landmark, the Wearmouth Bridge. Runners who enjoy a fine view might prefer the 10K, which follows the riverbank for part of the way, while the half-marathon's switchbacks around the city centre are perfect for spectators who want to see their buddies pound their way to glory.

[Runnersworld.co.uk/runsunderland](http://Runnersworld.co.uk/runsunderland)

### May 6

#### BHF Tower of London Run

**City of London**

This one is now in its 39th year, making it one of London's oldest running events. It gives 1,500 participants a chance to run 10K, 5K or 1K around the Tower's moat in aid of the British Heart Foundation. It's a fairly relaxed affair, with a 4.30pm start.

[Runnersworld.co.uk/tolrun](http://Runnersworld.co.uk/tolrun)



**GREAT BIRMINGHAM 10K**  
'I wonder what time the shops open'



**CHESTER HALF MARATHON**  
Some runners go tutu far



**BHF TOWER OF LONDON RUN**  
A race where you're all in the same moat

### May 10

#### Great Manchester Run

**Greater Manchester**

One of the elite group of televised races, this event does an incredible job of guiding a staggering 40,000 runners around 10km of Manchester's streets. Expect a pumped-up atmosphere and a few celebrity runners keeping a low profile.

[Runnersworld.co.uk/gmrun](http://Runnersworld.co.uk/gmrun)

### May 17

#### Chester Half Marathon

**Cheshire**

There aren't many better final stretches than the one awaiting runners at the Chester Half. After toiling from the racecourse through stretches of beautiful countryside, tiring competitors run along medieval streets and finish beside the grandeur of the town hall and cathedral.

[Runnersworld.co.uk/chesterhalf](http://Runnersworld.co.uk/chesterhalf)

### May 24

#### Bupa Westminster Mile

**London**

Considering the importance of the mile in the history of British athletics there are few chances to test your speed over the distance. This event offers one of the best, sharing the same final section as the London Marathon.

[Runnersworld.co.uk/bupawestmile](http://Runnersworld.co.uk/bupawestmile)

### May 31

#### Run Bristol 10K

**Avon**

The course takes in two of Isambard Kingdom Brunel's engineering marvels: runners pass the great iron steamship the SS Great Britain, and they twice go underneath the majestic Clifton Suspension Bridge. You could try wearing a massive top hat in his honour...

[Runnersworld.co.uk/runbristol10k](http://Runnersworld.co.uk/runbristol10k)





Bring back...

## The Tipton 10

For many, 1977 was all about the Sex Pistols and the Silver Jubilee. But it was also the first year of a race that attracted the best UK runners of the era...



### In the beginning...

This West Midlands 10-miler, held each November, consisted of three fast laps around Tipton's streets and was always well supported. Entry fees were low, and prizes for the top finishers ranged from coffee makers to clock radios. Another draw was the local beer, said to be so good that many non-Black Country runners arrived armed with empty bottles they would fill up and take home.

### Who raced?

The results lists are packed with the top runners of the day. John Wheway triumphed at the race's debut and the following year it was won by Tipton Harriers' own Andy Holden, famed as a bon vivant as much as for his running feats. In 1979, a young student named Wendy Sly took top honours. Five years later she won silver in the 3000m at the Los Angeles Olympics in the race still remembered for that Decker/Budd tangle. Joyce Smith, the first ever female London Marathon champion, won in 1981. The winner of the final event, in 1995, was Coventry's Dave Long – a man who had already competed in two Olympic marathons (1988 and 1992).

**'It came at a time when running was booming'**

### What happened to it?

When Sunday trading laws changed in 1994, allowing more shops to open, it became more difficult to close roads for races. Also, the race organisers felt the era of such intensely competitive races was passing and that events now needed to cater more for the recreational runner rather than the club competitor. The Tipton 10 had been established in a period when the Tipton Harriers was among the nation's most successful clubs, but this golden period was ending, too.

### Why was it so good?

'This race exemplified how people would travel miles to take part in a race against the best around,' says Chris Holloway, Tipton Harriers' club historian. 'It came at a time when running was booming but the quality

was still there, too. Runners' times were very impressive, even way down the field. It was probably wise to finish when it did and preserve its reputation. But it always gets mentioned as a top-class race that was great to compete in as well as watch.'

● Have you got a favourite event that has dropped off the race calendar? If so, drop us a line at [editor@runnersworld.co.uk](mailto:editor@runnersworld.co.uk)

MY RACE

Three Fords Challenge Half Marathon



**Name**  
Gemma Mitchell  
**Age** 22  
**Hometown**  
Ipswich

**Job** Reporter  
**Years running** Three  
**PBs** 5K: 27.27, 10K: 56.05, 13.1: 2:05

'Known as 'the tough one', the Three Fords Challenge has two options: half marathon (total climb: 442m) and full 26.2 (total climb: 1,000m). The marathon takes in all three of the Iron Age forts that give the race its name: Cissbury Ring, Devil's Dyke and Chanctonbury Ring. The multi-terrain half, which I tackled, takes in just the first and third. It's an out-and-back race from Hill Barn, Worthing, and takes runners on a tour of the West Sussex countryside.

Straight from the off we were led onto a wide track that climbed 170m in the first couple of miles. It was a real baptism of fire. In the middle of the race we had to walk in single file for around a mile (frustrating for PB-chasers, but great for those of us who wanted to drink in the beautiful views of the South Downs) before fuelling up with jelly beans and cake in preparation for climbing another 243m – in the space of a mile – up to Chanctonbury Ring. Another ascent, up to Cissbury, followed at the 11-mile mark.

It was a true challenge and although I crossed the finish line in 2:14, my slowest half-marathon time by far, I rank it as my biggest running achievement to date.'





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### Mens adistar Boost ESM / £130

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### Mens Supernova Sequence Boost / £105

Features an energy-returning boost™ midsole for a powerful stride that doesn't feel overly cushioned. Built in breathable air mesh with supportive synthetic overlays, the Sequence 7 is one of the most stable men's running shoes on the market. It all rides on a Continental™ Rubber outsole for excellent grip on wet, slippery roads. F212013

## RUN FAST

View the full range at [www.sweatshop.co.uk/boost](http://www.sweatshop.co.uk/boost)



### Mens adizero Adios Boost 2.0 / £110

You don't have to be training for 26.2 to appreciate these men's running shoes. Featuring an energy-returning boost™ foam midsole, a super-breathable Coolever mesh upper with earth-friendly synthetic suede overlays, and extended TORSION® SYSTEM support in the midfoot. F211258



### Mens adizero Tempo Boost / £95

Turn up your tempo runs with these men's running shoes designed for mid to forefoot strikers. Built with energy-returning boost™, they keep every step charged with an endless supply of light, fast energy. The TORSION® SYSTEM adds arch support and an outsole featuring Continental™ Rubber means they won't wear out anytime soon. F211323





## RUN NEUTRAL

View the full range at [www.sweatshop.co.uk/boost](http://www.sweatshop.co.uk/boost)



**Womens Supernova Glide 7 / £105**

We don't have to tell you how good these women's running shoes feel. But we will anyway. They have boost™ in the midsole that cushions your stride, and they feature a breathable mesh upper, TORSION® SYSTEM midfoot support and a Continental™ Rubber outsole for gripping wet pavement. F214275

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**Womens Grete 30 Boost / £75**

Celebrating the late great Grete Waitz marathon runner with a Boost energy-returning midsole for a light fast feel. An air mesh upper for breathability and with an ADIWEAR outsole for better durability. F214217

## RUN STABLE

View the full range at [www.sweatshop.co.uk/boost](http://www.sweatshop.co.uk/boost)



**Womens adistar Boost ESM / £130**

Mile after mile, the groundbreaking boost™ midsole in these shoes return energy with every step. The techfit™ upper is engineered for flexible support and a seamless, sock-like fit. Built with an adaptive FORMOTION® design for a supportive and natural foot strike, this shoe features a TORSION® SYSTEM midfoot for stability. F214390



**Womens Supernova Sequence Boost / £105**

Loved by runners since forever. The latest version of the Sequence features a boost™ midsole to keep every step charged with an endless supply of light, fast energy. The TORSION® SYSTEM provides arch support, and a grippy Continental™ Rubber outsole offers up plenty of rugged durability. F215101

## RUN FAST

View the full range at [www.sweatshop.co.uk/boost](http://www.sweatshop.co.uk/boost)



**Womens adizero Adios Boost 2.0 / £110**

Run down your PBs with this light, low profile women's running shoe made for racing and fast training. Built with energy-returning boost™, they keep every step charged with an endless supply of light, fast energy. Features the TORSION® SYSTEM for arch support and a durable and grippy outsole. F214528



**Womens adizero Boston 5 / £95**

With boost™ in the midsole, these women's running shoes charge your legs with endless energy for long runs. They have a breathable mesh upper and feature TORSION® SYSTEM midfoot support and a rubber outsole. A portion of each pair sold goes to the 'Boston Runs As One' fund. F214983





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# RACE FINDER

THE BEST UK EVENTS IN MAY

## Your top rated May's best races as voted for by you\*

1  
**100%**

•ROAD •URBAN  
**MARKET DRAYTON 10K**  
**When?** May 10  
**Where?** Shropshire  
This one took first place in our UK's 50 Best Races supplement (RW Feb). Why? A field of 2,000, flawless organisation, a testing course and an ample goody bag - all for £14. **p131**

2  
**99.6%**

•TRAIL •RURAL •FLAT  
**MULL OF KINTYRE HALF MARATHON AND 10K**  
**When?** May 24  
**Where?** Argyll & Bute  
This one sells out every year, so you need to get in early. Aside from the races, the weekend features ceilidhs, pasta parties and endless stunning views. **p134**

3  
**98.7%**

•ROAD •RURAL  
**HALSTEAD & ESSEX MARATHON**  
**When?** May 10  
**Where?** Essex  
The event is celebrating its 21st birthday. It's a regular top-rated race on these pages, thanks to the wide country roads, friendly vibe and massive goody bag. **p131**

4  
**98.2%**

•ROAD  
**KENT ROADRUNNER MARATHON**  
**When?** May 30  
**Where?** Kent  
Problems pacing a 26.2? Not at this race. It comprises 17 laps of a cycle park. It's not the most thrilling route, but enough of you loved this event to drive it into this month's top five. **p134**

5  
**98.1%**

•ROAD •RURAL  
**NORTH DORSET VILLAGE MARATHON**  
**When?** May 3  
**Where?** Dorset  
This one takes you through some truly lovely spots, such as Sturminster Newton and Hinton St Mary. The field of about 400 means you'll feel neither lonely nor crowded. **p129**

\*Taken from RW online 2014 ratings (events with 25+ ratings only)

## How to use Race Finder

It's pretty easy - just follow the key below. Calendars at the ready!

Race Finder lists UK races that take place during the month stated on the cover at the least. This issue features races from **Saturday, May 2 to Tuesday, June 2**. Simply look up when you want to race and find that day's events listed by region. Info is provided by race organisers and may be edited because of limited space. Find more extensive listings and an interactive search tool at [runnersworld.co.uk/events](http://runnersworld.co.uk/events). Just log on and sign up!

### Key to race entries

**RACE NAME**  
5Ks, 10Ks, half marathons (1/2M) and marathons are clearly shown. Numbers only (eg 5, 20) represent the distance in miles.

**RACE TYPE**  
The kind of terrain and surroundings: road, trail, hilly, flat, urban and rural.

**ADDITIONAL RACES**  
The event offers more races than the one stated, such as shorter fun runs or a children's race.

**LEICESTERSHIRE**  
•ROAD •URBAN •RURAL  
**LEICESTER MARATHON (+)**  
VENUE Victoria Park, Leicester, 9:15am **CONTACT** Christian Weikert-Picker; 0116 231 8484; [christianweikert-picker@loros.co.uk](mailto:christianweikert-picker@loros.co.uk) [www.leicestermarathon.org.uk](http://www.leicestermarathon.org.uk) **COST** £26/£29 C/D 30/9 E/D YES, £50

**CLOSING DATE**  
Closing date for entries, if applicable.

**ENTRY ON DAY**  
Is it possible to turn up, pay and run? If yes, and it costs more to do this, it's usually stated.

**ORGANISER'S CONTACT DETAILS**  
Who you should speak to if you have any queries about the event.

**COST**  
The first figure is for entrants belonging to a UKA-affiliated running club. The second is for non-affiliated runners.

### RW online entry

Signing up for events marked with this flash couldn't be simpler.

- ▶ Go to [runnersworld.co.uk/events](http://runnersworld.co.uk/events) and search for the race you want to enter by name.
- ▶ Click 'Enter Online'.
- ▶ Select the category of race you wish to enter (whether you are affiliated to a running club or non-affiliated).
- ▶ Enter your details and pay online.
- ▶ Then you'll be sent a confirmation email. It's as simple as that.

### SATURDAY MAY 2

#### DERBYSHIRE

•TRAIL •RURAL •HILLY  
**CHUNAL FELL RACE (RACE 1)**  
VENUE The Grouse Inn, Chunal, Glossop, 11am **CONTACT** Des Gibbons; 07514 614 804; [desgibbons@live.co.uk](mailto:desgibbons@live.co.uk) **COST** £5 C/D 22/4 E/D YES

#### •ROAD •FLAT

**NO WALK IN THE PARK 5K (+)**  
VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** John Cannon; 07902 249 316; 01246 566 458; [j.cannon846@btinternet.com](mailto:j.cannon846@btinternet.com); [northderbyshirerc.jimdo.com/](http://northderbyshirerc.jimdo.com/) **COST** £3/£5 E/D ONLY

#### •ROAD •FLAT

**NO WALK IN THE PARK 5K (+)**  
VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** John Cannon; 01246 566 458; [j.cannon846@btinternet.com](mailto:j.cannon846@btinternet.com); [northderbyshirerc.jimdo.com/](http://northderbyshirerc.jimdo.com/) **COST** £3/£5 E/D ONLY

#### HAMPSHIRE

•TRAIL •RURAL •HILLY  
**HURSTBOURNE 5M (+)**  
VENUE George V Playing Fields, Church Street, Hurstbourne Tarrant, 11am **CONTACT** Race Organiser; [hurstbourne5@yahoo.com](mailto:hurstbourne5@yahoo.com); [www.hbt.org.uk/Hbt5Race.htm](http://www.hbt.org.uk/Hbt5Race.htm) **COST** £10/£12 C/D 14/4 E/D YES, +£2

#### •TRAIL •RURAL

**THE 'PONY EXPRESS' NEW FOREST MULTISTAGE ULTRA**  
VENUE Brockenhurst College, Brockenhurst, Lyndhurst, 9am **CONTACT** Neil Thubron; 07801 244 628; [info@xnrg.co.uk](mailto:info@xnrg.co.uk); [www.xnrg.co.uk/events/details/pony-express-2015.aspx](http://www.xnrg.co.uk/events/details/pony-express-2015.aspx) **COST** £125 C/D 1/5 E/D YES

#### HERTFORDSHIRE

##### •TRAIL

**FIRST SATURDAY OF THE MONTH 5K**  
VENUE Letchworth Common, Norton Way North, Letchworth Garden City, 9am **CONTACT** richard harbor; 07717 201 139; [richard.harbor@herts.pnn.police.uk](mailto:richard.harbor@herts.pnn.police.uk); [www.nhr.org](http://www.nhr.org) **COST** £2 E/D ONLY

#### LONDON

##### •TRAIL •FLAT

**MILES FOR MISSING PEOPLE 2015 (+)**  
VENUE The Bandstand, Clapham Common, London, 11am **CONTACT** Daniel Magson; 020 8392 4517; [daniel.magson@missingpeople.org.uk](mailto:daniel.magson@missingpeople.org.uk); [www.missingpeople.org.uk/miles2015](http://www.missingpeople.org.uk/miles2015) **COST** £20 C/D 21/4 E/D YES

#### •ROAD •FLAT

**PECKHAM 10K**  
VENUE Peckham Rye Park, Strakers Road, Peckham, 10:30am **CONTACT** Mark Caswell; 07977 831 519; 0797 783 1519; [mark.caswell@btinternet.com](mailto:mark.caswell@btinternet.com); [www.mccpromotions.com](http://www.mccpromotions.com) **COST** £13 E/D YES

#### NOTTINGHAMSHIRE

##### •TRAIL

##### RAINBOW RUN

VENUE The Forest Recreation Ground, Gregory Boulevard, Nottingham, 11am **CONTACT** Neil Swift; 0800 952 1133; [neil.swift@rainbows.co.uk](mailto:neil.swift@rainbows.co.uk); [www.rainbows.co.uk/rainbowrun](http://www.rainbows.co.uk/rainbowrun) **COST** £14 E/D YES

#### SUSSEX

##### •TRAIL •URBAN •RURAL

**MID SUSSEX MARATHON WEEKEND (+)**  
VENUE East Grinstead, Haywards Heath, Burgess Hill, 10:30am **CONTACT** Martin Burke; 01797 230 009; [martin@nice-work.org.uk](mailto:martin@nice-work.org.uk); [www.nice-work.org.uk](http://www.nice-work.org.uk) **COST** £34/£40 C/D 25/4 E/D YES

#### WALES

##### •TRAIL •RURAL

##### ENDURANCELIFE CTS PEMBROKESHIRE (+)

VENUE Little Haven, Haverfordwest, 7am **CONTACT** James Barker; 01548 312 314; [support@endurancelife.com](mailto:support@endurancelife.com); [www.endurancelife.com/event-new.asp?series=82](http://www.endurancelife.com/event-new.asp?series=82) **COST** £30 E/D NO

##### •TRAIL •RURAL •HILLY

**RED KITE HALF MARATHON CHALLENGE (+)**  
VENUE Woodlands Caravan Site, Ponterwyd, Aberystwyth, 1pm **CONTACT** 07773 435 073; 07773 435 073; [rhedwr@gmail.com](mailto:rhedwr@gmail.com); [www.redkite-barcudcoch.org.uk/](http://www.redkite-barcudcoch.org.uk/) **COST** £20/£24 E/D YES

##### •TRAIL •RURAL •HILLY

##### THE SF10

VENUE Top Car Park, Moel Famau, Ruthin, 8am **CONTACT** Jason Birch; [info@thesfexperience.co.uk](mailto:info@thesfexperience.co.uk); [www.thesfexperience.co.uk](http://www.thesfexperience.co.uk) **COST** £28 E/D NO

#### WORCESTERSHIRE

##### •TRAIL •RURAL

##### MALVERN HILLS ULTRA (+)

VENUE Top Barn Activity Centre, Holt Heath, Worcester, 7am **CONTACT** Steven Worrall; 01299 250 834; 07860 418 040; [info@ultrarunningtd.co.uk](mailto:info@ultrarunningtd.co.uk); [www.ultrarunningtd.co.uk/malvern-hills-ultra.html](http://www.ultrarunningtd.co.uk/malvern-hills-ultra.html) **COST** £105 C/D 20/4 E/D NO

### SUNDAY MAY 3

#### CORNWALL

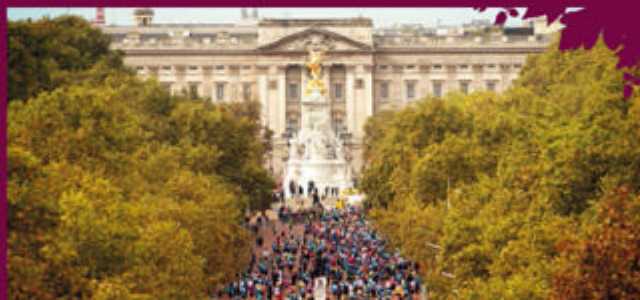
##### •ROAD •URBAN •RURAL





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**SALTASH HALF MARATHON 2015 (+)**  
**VENUE** Saltash Warfelton Football Fields, Warfelton Road, Saltash, 10am **CONTACT** Stephen Smith; 07900 405 500; stephsmith2202@gmail.com; www.tamartrrotters.co.uk **COST** £12/E14 **C/D** 30/4 **E/D** YES, +£2

## DERBYSHIRE

**ROAD • RURAL**  
**MOORFIELD 5K (+)**  
**VENUE** Beehive Inn, Hague street, Glossop, 11am **CONTACT** Des Gibbons; 07514 614 804; desgibbons@live.co.uk **COST** £5/E7 **C/D** 20/4 **E/D** YES, +£1

## DEVON

**TRAIL • RURAL • HILLY**  
**THE HARTLAND HARTBREAKER 18 OR 8 (ISH) MILES**  
**VENUE** Hartland Abbey, Hartland, Bideford, 11am **CONTACT** simon haywood; 44751 587 5651; simon.haywood@virgin.net; www.hartlandhartbreaker.com **COST** £22/E24 **C/D** 15/4 **E/D** YES, +£2

## DORSET

**ROAD • RURAL**  
**NORTH DORSET VILLAGE MARATHON (+)**  
**VENUE** Sturminster Newton School, Bath Road, Sturminster Newton, 8:30am **CONTACT** Secretary GillinghamTrotters; 01935 816 396; GillinghamTrotters@hotmail.com; www.ndvm.co.uk **COST** £28/E30 **C/D** 25/4 **E/D** NO

## HERTFORDSHIRE

**TRAIL • URBAN • RURAL**  
**GREENWAY CHALLENGE**  
**VENUE** Standalone Farm, Wilbury Road, Letchworth, 10am **CONTACT** Lindsay Cook; races@nhrr.org.uk; www.greenwaychallenge.org.uk/ **COST** £14/E16 **C/D** 1/5 **E/D** NO

## • TRAIL • RURAL

**THE GADDESSEN GALLOP (+)**  
**VENUE** Little Gaddesden Playing Fields, Little Gaddesden, Berkhamsted, 10:30am **CONTACT** Nicky Bennett-Baggs; 01442 842 227; nicky@bennett-baggs.com **COST** £15 **C/D** 24/4 **E/D** YES, +£5

## LANCASHIRE

**TRAIL • RURAL**  
**YARROW RIVER BLUEBELL TRAIL RUN (+)**  
**VENUE** Flaming Grill Pub, Yarrow Bridge, Bolton Road, Chorley, 10am **CONTACT** Stewart Jones; 07581 733 604; madbullevents@outlook.com; www.madbullevents.com **COST** £12 **C/D** 27/4 **E/D** YES, +£3

## LINCOLNSHIRE

**ROAD • RURAL • FLAT**  
**LANGTOFT 10K (+)**  
**VENUE** Langtoft, Peterborough, 11:15am **CONTACT** Sue Archer; www.langtoftroadrun.btcc.co.uk/ **COST** TBC

**ROAD • URBAN • RURAL • FLAT**  
**NORTH LINCOLNSHIRE HALF MARATHON**  
**VENUE** Scunthorpe United FC, Glanford Park, Scunthorpe, 9am **CONTACT** Nicola Clifford; 07919 603 800; info@tape2tape.co.uk; www.northlincshalf.co.uk **COST** £25/E27 **E/D** NO

## LONDON

**ROAD**  
**REGENT'S PARK RACES SUMMER 10K 6 RACE GRAND PRIX SERIES**  
**VENUE** The Hub, Regent's Park, London, 9:30am **CONTACT** Maurice Raynor; 07713 327 690; mauriceraynor@gmail.com; regentsparkraces.org **COST** £75/E85 **C/D** 1/4 **E/D** YES, E15/E17

## MERSEYSIDE

**ROAD • FLAT**  
**LIVERPOOL SPRING 10K**  
**VENUE** Sefton Park, Liverpool, 10:30am **CONTACT** Matthew Davies; 07507 630 946; matthew@merseyraces.co.uk; www.merseyraces.co.uk **COST** £18/E20 **E/D** NO

## NORTHAMPTONSHIRE

**ROAD • URBAN • RURAL**  
**WINGS FOR LIFE WORLD RUN 2015**  
**VENUE** Silverstone Circuit, Towcester, Noon **CONTACT** Rebecca Holt; www.wingsforlifeworldrun.com/gb/en/silverstone/ **COST** £40 **C/D** 1/4 **E/D** YES

## SCOTLAND

**TRAIL • RURAL**  
**OBSTACLE ADVENTURE RACE (+)**  
**VENUE** Chateaufort Country Park, Ferniegair, Hamilton, 11am **CONTACT** Iain Boal; 07919 103 037; iain@trailtroopers.co.uk; www.trailtroopers.co.uk **COST** TBC

## SHROPSHIRE

**TRAIL • RURAL**  
**SHERIFFHALES SHUFFLE (+)**  
**VENUE** Sheriffhales Village Hall, Sheriffhales, 11am **CONTACT** Sherifhales Shuffle Four-Midables Series; www.newportrunningclub.org.uk **COST** £9/E11 **E/D** YES, +£1

## STAFFORDSHIRE

**ROAD • URBAN • RURAL**  
**LICHFIELD HALF MARATHON (+)**  
**VENUE** King Edwards Leisure Centre, Kings Hill, Lichfield, 10:30am **CONTACT** paul griffin; 07947 698 147; griffi@aol.com; kpevents.net **COST** £23/E25 **C/D** 25/4 **E/D** NO

**ROAD • URBAN • RURAL**  
**UTTOXETER HALF MARATHON**  
**VENUE** Uttoxeter Racecourse, Wood Lane, Uttoxeter, 10:30am **CONTACT** Alan Parker; geoff.astley@gmail.com; www.uttoxeterroadrunners.com **COST** £18/E20 **C/D** 27/4 **E/D** YES, +£2

## SUFFOLK

**ROAD • RURAL**  
**THURSTON FUN RUN 10K (+)**  
**VENUE** New Green Centre, New Green Avenue, Thurston, 11am **CONTACT** Dennis Whiting; 07891 176 089; info@thurstonfunrun.org; thurstonfunrun.org **COST** £11.50 **C/D** 25/4 **E/D** YES, +50p

## SURREY

**TRAIL • URBAN • RURAL**  
**HOGSMILL LADIES FIVE**  
**VENUE** The Harrier Centre, Poole Road, Epsom, 10am **CONTACT** Fee Baulackey; race@epsomallsorts.org.uk; www.epsomallsorts.org.uk **COST** £7/E9 **C/D** 30/4 **E/D** YES, +£3

## • ROAD • URBAN

**RUN FRIMLEY - 10K ROAD RACE (+)**  
**VENUE** Frimley Park Hospital, Portsmouth Road, Frimley, 10:30am **CONTACT** Sally McLaren; 01276 604 626; www.frimleypark.nhs.uk **COST** TBC

## SUSSEX

**TRAIL • URBAN • RURAL**  
**MID SUSSEX HAYWARDS HEATH 10 MILE (PART OF THE MID SUSSEX MARATHON WEEKEND) (+)**  
**VENUE** Victoria Park, Haywards Heath, 10:30am **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £16/E18 **E/D** YES, E20

## • TRAIL • RURAL • HILLY

**THREE FORTS MARATHON (+)**  
**VENUE** Rotary Field, Hill Barn Lane, Worthing, 10am **CONTACT** Peter Firth; 01903 813 142; entries@threefortschallenge.org.uk; www.threefortschallenge.org.uk **COST** £25 **E/D** NO

## TYNE & WEAR

**ROAD • URBAN**  
**SUNDERLAND CITY HALF MARATHON (+)**  
**VENUE** Stadium of Light, Sunderland, 10am **CONTACT** Event Admin; 01434 689 040; info@sunderlandcity10k.com; www.sunderlandcity10k.com **COST** £30/E32 **C/D** 29/4 **E/D** NO

## WALES

**TRAIL • RURAL • HILLY**  
**RED KITE CHALLENGE HALF MARATHON DAY2 (+)**  
**VENUE** Woodlands Caravan Site, Ponterwyd, Aberystwyth, 11am **CONTACT** 07713 435 073; rhedwr@gmail.com; www.redkite-barcudcoch.org.uk/ **COST** £12/E14 **E/D** YES, +£2

## WEST MIDLANDS

**ROAD • URBAN**  
**GREAT BIRMINGHAM 10K**  
**VENUE** Birmingham, 10:30am **CONTACT** Great Run; info@greatrun.org; www.greatrun.org/birmingham10k **COST** £25 **E/D** NO

## YORKSHIRE

**TRAIL • URBAN • RURAL**  
**BLUEBELL TRAIL 10M**  
**VENUE** Heath Rugby Club, Stainland Road, Halifax, 10am **CONTACT** Tracy Mott; 07827 016 181; temott@sky.com; www.stainlandlions.com **COST** £10/E12 **C/D** 1/5 **E/D** NO

## MONDAY MAY 4

**BUCKINGHAMSHIRE**  
**ROAD • RURAL**  
**PEDNOR 5M**  
**VENUE** Pednor Road, Chesham, 7pm **CONTACT** Tony Molesworth; 07785 501 499; tony@molesworth.me; chilthamharriers.weebly.com/pednor-5.html **COST** £10/E12 **C/D** 30/4 **E/D** YES, +£2.50

## CAMBRIDGESHIRE

**TRAIL • RURAL**  
**BR.J: MAYOR OF HUNTINGDON CHARITY RACE (+)**  
**VENUE** Jubilee Park, Kings Ripton Road, Huntingdon, 11am **CONTACT** Alice Noyes; alicenoyes@redhouseservices.com; www.BR.JRunandtri.org **COST** £10/E12 **C/D** 27/4 **E/D** YES

## DERBYSHIRE

**TRAIL • RURAL • HILLY**  
**JAMES THORN FELL RACE**  
**VENUE** Glossop Golf Club, Sheffield Road, Glossop, 11am **CONTACT** Des Gibbons; 07514 614 804; desgibbons@live.co.uk **COST** £5 **C/D** 22/4 **E/D** YES

## ESSEX

**TRAIL • RURAL**  
**ASHDON 10K**  
**VENUE** Ashdon Primary School, Ashdon, Saffron Walden, 10:30am **CONTACT** Lynne Smith; ashdon10k.info@gmail.com; ashdon10k.vpweb.co.uk **COST** £10/E12 **C/D** 30/4 **E/D** YES, +£2

## HAMPSHIRE

**TRAIL • RURAL**  
**HAREWOOD FOREST 10KM (+)**

**VENUE** Werwell Playing Fields, Longparish Road, Werwell, 10am **CONTACT** Susan Simmonds; 01264 782 697; 07821 767 403; susansimmonds@hotmail.com; www.harewoodforest10k.co.uk **COST** £8 **C/D** 1/5 **E/D** YES, +£2

## HERTFORDSHIRE

**TRAIL**  
**THE WATFORD 10K (+)**  
**VENUE** Cassiobury Park, Watford, 10:45am **CONTACT** Martin Burke; 01977 230 009; martin@nice-work.org.uk; watford10k.org.uk/ **COST** £15/E17 **C/D** 1/5 **E/D** YES, £20

## KENT

**TRAIL • RURAL**  
**B2R'S - WOODLAND RUN (+)**  
**VENUE** The Barming Bull, Tonbridge Road, Maidstone, 10am **CONTACT** Steve Grantham; amanda@beginners2runners.co.uk; www.beginners2runners.co.uk/sign-race/ **COST** £15 **C/D** 1/4 **E/D** YES, +£5

**ROAD • URBAN • FLAT**  
**BAILEY'S NISSAN WHITSTABLE 10K**  
**VENUE** Waterfront Club, Beach Walk, Whitstable, 11am **CONTACT** Whitstable 10K; 07974 202 395; john.hartley41@talktalk.net; www.whitstable10k.org.uk **COST** £16/E18 **C/D** 20/4 **E/D** NO

**TRAIL • RURAL • FLAT**  
**TED PEPPER BROMLEY 10KM (AND CHILDREN'S FUN RUN)**  
**VENUE** Norman Park Athletics Track, Hayes Lane, Bromley, 10am **CONTACT** Andy Tucker; BlackheathandBromley@hotmail.co.uk; www.bandbhac.org.uk **COST** £12/E13 **C/D** 27/4 **E/D** YES, £14

## OXFORDSHIRE

**ROAD • RURAL**  
**CHALGROVE FESTIVAL 10K**  
**VENUE** Recreation Ground, Chalgrove, Noon **CONTACT** Chris Leftley; info@chalgrovefestival10k.com; www.chalgrovefestival10k.com **COST** £12/E14 **C/D** 28/4 **E/D** YES, +£3

## SURREY

**TRAIL • RURAL**  
**HELP FOR THE HOSPICES 10K**  
**VENUE** Headley Heath, Leatherhead, 10am **CONTACT** Mike Krogan; 01252 373 797; mike@209events.com; www.209events.com **COST** £17 **E/D** NO

## SUSSEX

**TRAIL • URBAN • RURAL**  
**MID SUSSEX BURGESS HILL 10K (+)**  
**VENUE** Market Place, Church Road, Burgess Hill, 10:30am **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £13/E15 **C/D** 1/5 **E/D** YES, +£2

## WALES

**ROAD • RURAL**  
**CWRWNEWYDD 4 (+)**  
**VENUE** Cwrtnwydd School, Cwrtnwydd, Llanybydder, 1:30pm **CONTACT** Lyn Rees; 01570 434 244; 07969 463 129; rees.tanrhos@tiscali.co.uk; www.sarnhelen.org.uk **COST** £5/E7 **E/D** YES

## WILTSHIRE

**TRAIL • RURAL**  
**SUTTON VENY 'THE CRICKETERS' 10K**  
**VENUE** Alexander Memorial Field, Sutton Veny, Warminster, 10:30am **CONTACT** Justin Wagstaff; 01985 851 122; 01985 840 782; 07876 456 260; 10krun@hsvcc.org.uk; www.hsvcc.org.uk **COST** £10 **C/D** 30/4 **E/D** YES, +£2

## TUESDAY MAY 5

## DEVON

**ROAD • FLAT**  
**RD 2: EX EXE SUMMER 5K SERIES**  
**VENUE** Exwick Playing Fields, Exeter, 7:30pm **CONTACT** City Runs; mail@city-runs.co.uk; www.city-runs.co.uk **COST** £8/E10 **E/D** YES

## ESSEX

**ROAD • FLAT**  
**HARWICH 5K SERIES (+)**  
**VENUE** Harwich Rugby Club, Wick Lane, Dovercourt, 8pm **CONTACT** Sally Gillam; www.harwichrunners.co.uk/1\_5k/5k.php **COST** £10/E20 **E/D** NO

## WEDNESDAY MAY 6

## CUMBRIA

**ROAD • URBAN • RURAL**  
**KENDAL 10K WEDNESDAY NIGHT SERIES**  
**VENUE** Kendal Leisure Centre, Burton Road, Kendal, 7:30pm **CONTACT** Carolyn Kevan; 07886 786 246; carolyn.kevan@talktalk.net; ukroadraces.info **COST** £8/E10 **C/D** 1/5 **E/D** YES, +£2

## LONDON

**TRAIL • RURAL • HILLY**  
**WIMBLEDON TRAIL SERIES: RACE 1**  
**VENUE** Windmill Road, Wimbledon common, Wimbledon, 7pm **CONTACT** Andy Bickerstaff; 07772 111 491; andy.bickerstaff@goodrunguide.co.uk; www.goodrunguide.co.uk/WimbledonTrail **COST** £10/E12 **C/D** 1/5 **E/D** NO

**TRAIL • URBAN • FLAT**  
**BHF TOWER OF LONDON RUN (+)**  
**VENUE** Tower of London, London, 4pm **CONTACT** Graham Morgan; 0845 130 8663; morgang@bhf.org.uk; www.bhf.org.uk/towerrun **COST** £13 **C/D** 28/4 **E/D** NO

## MIDDLESEX

**TRAIL**  
**BA SPEEDBIRDS LADIES 5K**  
**VENUE** Accommodation Lane, Harmondsworth, Uxbridge, 7pm **CONTACT** Speedbirds 5K; 020 8738 3658; 01483 855 138; 07899 611 503; alastair.heslop@ba.com; www.banrunner.org.uk/Event\_Ladies.shtml **COST** £4/E6 **C/D** 2/5 **E/D** YES, +£2

## NORFOLK

**GYRR PROMENADE 5 MILE SERIES RACE 2**  
**VENUE** Marina Centre, Marine Parade, Great Yarmouth, 11am **CONTACT** Dianne Crosby; 07986 716 083; pauline.richardson127@ntlworld.com; www.gyrr.co.uk **COST** £7/E9 **E/D** YES, +£1

## NORTHAMPTONSHIRE

**ROAD • RURAL • FLAT**  
**SILVERSTONE GRAND PRIX 10K**  
**VENUE** Silverstone Grand Prix Circuit, Silverstone, 7:30pm **CONTACT** John Fowler; 10kentries@silsonjoggers.org.uk; www.silsonjoggers.org.uk **COST** £9/E11 **C/D** 5/5 **E/D** YES, +£3

## SATURDAY MAY 9

## BERKSHIRE

**TRAIL • RURAL**  
**CHIEVELEY CHASE APPROX. 5.7 MILES (+)**  
**VENUE** 12 Middle Farm Close, Chieveley, 10am **CONTACT** Emma-Jayne Bailey; 07845 968 029; baileyemma.jayne@gmail.com; www.mychieveley.co.uk **COST** £8/E10 **C/D** 3/5 **E/D** YES, +£2

## • ROAD • RURAL • FLAT

**TRI NATIONS V UK 10K**  
**VENUE** Dorney Lake, Eton, Windsor, 9:30am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; thefixevents.com/the-all-nations-5k-and-10k-run-2015 **COST** £20 **C/D** 25/4 **E/D** NO

## • TRAIL • FLAT

**VICTORY 5K (+)**  
**VENUE** Royal Windsor Racecourse, Maidenhead Road, Windsor, 11am **CONTACT** Danny Greeno; 07553 653 772; info@veteranscharity.org.uk; www.veteranscharity.org.uk **COST** £12.50 **E/D** NO

## DEVON

**TRAIL • RURAL • HILLY**  
**MAVERICK ORIGINAL DEVON 20KM (+)**  
**VENUE** Fingle Bridge, Drewsteignton, Exeter, 10am **CONTACT** Ben MacWilliam; 07792 516 035; info@maverick-race.com; www.maverick-race.com **COST** £30 **E/D** YES, +£3

## ESSEX

**TRAIL**  
**HYLANDS HOUSE 10K**  
**VENUE** Hylands House and Estate, Writtle Gate, Chelmsford, 9:45am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.theraceorganiser.com **COST** £12/E14 **E/D** YES, +£1

## KENT

**TRAIL • RURAL**  
**BEWL WATER MARATHON (+)**  
**VENUE** Bewlbridge Lane, Lamberhurst, 9am **CONTACT** David Ross; 0798 454 0177; 0798 454 0177; runningman67@hotmail.co.uk; www.hermesrunning.com **COST** £35/E37 **C/D** 4/5 **E/D** YES, £45

## LONDON

**ROAD • FLAT**  
**LONDON SPRING 10K (+)**  
**VENUE** The Hub, Regents Park, London, 10:30am **CONTACT** Martin Burke; 01797 230 009; 01797 230 572; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £20/E22 **E/D** YES, £25

## OXFORDSHIRE

**ROAD • URBAN**  
**OXFORD ROTARY FUN RUN**  
**VENUE** University Parks, Parks Road, Oxford, 11am **CONTACT** Stuart Packford; 01865 391 010; oxfordrotaryfunrun@hotmail.co.uk; oxfordfunrun.org.uk **COST** TBC

## WALES

**TRAIL • RURAL • HILLY**  
**THE RHONDDA ROLLERCOASTER 26.5M**  
**VENUE** Trehafod Community Village Hall, Trehafod, Pontypridd, 9am **CONTACT** david morgan; therhondda rollercoaster@hotmail.co.uk; www.southwalesidwa.org/rcc/rccdetails.html **COST** £8/E11 **E/D** YES, £13

## WILTSHIRE

**TRAIL • RURAL**  
**BRATTON HILLY 11K**  
**VENUE** Bratton Jubilee Hall, Bratton, Westbury, 11am **CONTACT** Dorothy Reeves; 01380 830 987 [eve]; dolly.reeves@homecall.co.uk; www.brattonjubileehall.org.uk/hillrun.html **COST** £10 **C/D** 2/5 **E/D** YES, +£2

## YORKSHIRE

**HARDCASTLE 24**  
**VENUE** Hardcastle Craggs, High Greenwood House, Hebden Bridge, 1pm **CONTACT** Wane Law; 01484 599 123; wane@teamao.co.uk; atnd.it/17552-0 **COST** - **E/D** NO

## SUNDAY MAY 10

## AVON

**TRAIL • RURAL • FLAT**



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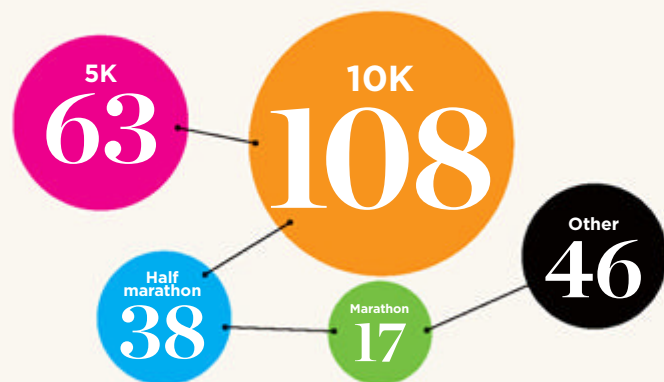
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[marathon.is](http://marathon.is) / [marathon@marathon.is](mailto:marathon@marathon.is)



# Going the distance

May's 272 events broken down by distance



## BATH TWO TUNNELS HALF MARATHON 'RETURN TICKET' (+) (DATE 2 OF 4)

**VENUE** Brickfields Park, Bath, 10am **CONTACT** Tom Room; tom@relishrunningraces.com; www.relishrunningraces.com/bath-two-tunnels-railway-running-races.php **COST** £26/£28 E/D YES, +£2

## BERKSHIRE

**ROAD • URBAN • RURAL**  
**BRACKNELL HALF MARATHON 2015**  
**VENUE** South Hill Park Arts Centre, Bracknell, 9am **CONTACT** Bracknell Half Marathon Bracknell Half Marathon; 01344 352 000; half.marathon@bracknell-forest.gov.uk; www.bracknell-forest.gov.uk/bracknellhalfmarathon **COST** £22 E/D NO

## BUCKINGHAMSHIRE

**ROAD • URBAN • FLAT**  
**GRANT & STONE MARLOW 5 (+)**  
**VENUE** Higginson Park, Marlow, 9:30am **CONTACT** The Entry Secretary; www.handycrossrunners.co.uk **COST** £13/£15 C/D 5/5 E/D YES, £20

## CAMBRIDGESHIRE

**TRAIL • RURAL • FLAT**  
**EYE 10K (+)**  
**VENUE** Eye Junior School, Eyebury Road, Eye, Peterborough, 11am **CONTACT** Simon Lovell; 01733 222 614; 07912 508 027; enquiries2015@eye10k.co.uk; www.eye10k.co.uk **COST** £9/£11 C/D 5/5 E/D YES, +£2

## DERBYSHIRE

**TRAIL**  
**COLOUR BLAST DASH DERBY (+)**  
**VENUE** Darley Park, Derby, 9am **CONTACT** Penelope Mitchell; 0116 254 4341; 07793 405 712; Penny@thelaurencecentre.org.uk; www.colourblastdash.org **COST** £18 C/D 25/4 E/D YES

## GLoucestershire

**ROAD • RURAL**  
**HOLYMOORSIDE 10K (+)**  
**VENUE** The Village Hall, Holymoore Road, Holymoore, Chesterfield, 10:30am **CONTACT** Holymoorside 10K and Fun Run; holymoorside10k@gmail.com; www.holymoorside10k.co.uk **COST** £11/£13 C/D 25/4 E/D YES, +£2

## DEVON

**TRAIL • RURAL**  
**BEER BLAZER 10K (+)**  
**VENUE** Pecorara, Mare Lane, Beer, Seaton, 10:30am **CONTACT** Katherine Reed; katherineinbeer@gmail.com; www.beer-ce-primary.devon.sch.uk **COST** £8/£10 C/D 5/5 E/D YES, +£2

## DORSET

**TRAIL • URBAN • RURAL**  
**DORCHESTER LIONS 10K**  
**VENUE** Dorchester Middle School, Coburg Road, Dorchester, 10:25am **CONTACT** Tony Rimmer; 07788 424 552; tony\_rimmer@btinternet.com; www.lionsdorchester.org.uk **COST** £9/£11 C/D 7/5 E/D YES

## ESSEX

**TRAIL • URBAN • RURAL • FLAT**  
**RUN DORSET - WIMBORNE 10K (+)**  
**VENUE** OE Leisure Centre, Blandford Rd, Wimborne, 9:30am **CONTACT** Claire Smith; 07968 976 116; info@rundorset.co.uk; www.rundorset.co.uk **COST** £16/£18 E/D YES, +£2

## ESSEX

**TRAIL • RURAL**  
**BLUEBELL 5M**  
**VENUE** Deanes Sports Centre, Daws Heath Road, Thundersley, 10:30am **CONTACT** Chris Cammidge; info@castlepointjoggers.co.uk; users.aber.ac.uk/aiw/bluebell5.htm **COST** £8 C/D 5/5 E/D YES, +£1

**ROAD • URBAN • RURAL • FLAT**  
**COLCHESTER 10K**

**VENUE** Abbey Field, Colchester, 10:30am **CONTACT** John Bennett; 07768 705 888; colchestercharityraces@gmail.com; colchester10k.com **COST** £15/£17 C/D 5/5 E/D NO

## GLoucestershire

**ROAD • RURAL**  
**HALSTEAD & ESSEX MARATHON**  
**VENUE** Halstead Leisure Centre, Colne Road, Halstead, 10am **CONTACT** Entries Secretary; 2015@halsteadandessexmarathon.co.uk; www.halsteadandessexmarathon.co.uk **COST** - E/D NO

## GLoucestershire

**TRAIL • RURAL**  
**ADIDAS TRAIL RUN 10K**  
**VENUE** Mallards Pike, Nr Parkend, Coleford Forest of Dean, 10am **CONTACT** andy maxted; 01242 890 604; 07779 405 574; trimaxevents@hotmail.co.uk; www.trimaxevents.com **COST** £15 C/D 5/5 E/D YES, +£5

**TRAIL • URBAN • RURAL**  
**STROUD TRAIL MARATHON (+)**  
**VENUE** Stroud, 9am **CONTACT** Simon Barnes; 01453 353 102; events@iamoutdoors.co.uk; www.stroudmarathon.com/ **COST** £28/£30 C/D 1/5 E/D NO

## HAMPSHIRE

**ROAD • URBAN • RURAL**  
**ALTON TEN**  
**VENUE** Eggars School, London Road, Alton, 10:30am **CONTACT** Philip Scrase; 01420 542 683; philip63scrase@gmail.com; www.activetrainingworld.co.uk **COST** £14/£16 C/D 3/5 E/D YES, +£2

**TRAIL • RURAL • FLAT**  
**LYMINGTON LIFEBOAT 10K**  
**VENUE** Woodside Park, Ridgeway Lane, Lymington, 10am **CONTACT** Lymington Lifeboat 10K; 01782 398 114; lymington10k@frsystems.co.uk; www.frsystems.co.uk/lymington10k **COST** £12 C/D 4/5 E/D NO

## HEREFORDSHIRE

**ROAD • URBAN • RURAL**  
**HEREFORD HALF MARATHON (+)**  
**VENUE** Hereford Leisure Centre, Holmer Road, Hereford, 10:10am **CONTACT** Matt Ashcroft; 01432 851 000; mashcroft@st-michaels-hospice.org.uk; www.st-michaels-hospice.org.uk/Events/half-marathon-10km-and-run-run **COST** £18/£20 C/D 1/5 E/D YES, +£5

## KENT

**ROAD • RURAL • FLAT**  
**LARKFIELD AC 10K 2015**  
**VENUE** East Malling Research, New Road, East Malling, 10am **CONTACT** Ravi Cautick; 07749 933 042; larkfieldac10k@gmail.com; www.larkfieldac.co.uk **COST** £13/£15 C/D 7/5 E/D YES, +£2

## LANCASHIRE

**ROAD • URBAN • FLAT**  
**GREAT MANCHESTER RUN**  
**VENUE** Manchester, 10:30am **CONTACT** Great Run; info@greatrun.org; www.greatrun.org/manchester **COST** £38 E/D NO

## LONDON

**ROAD**  
**EALING EAGLES 10K**  
**VENUE** Gunnersbury Park, Pope's Lane, London, 10:30am **CONTACT** Kieran Santry; 10k@ealingeagles.com; www.ealingeagles.com/10k **COST** £12/£14 E/D NO

## TRAIL

**FINSBURY PARK 10K CHARITY FUN**  
**VENUE** Athletics Stadium, Endymion Road, Haringay, 11am **CONTACT** Mark Caswell; 0797 783 1519; 0797 783 1519; mark.caswell@btinternet.com; www.mccpromotions.com **COST** £13 C/D 6/5 E/D YES

**TRAIL**  
**MUDDY DOG CHALLENGE (+)**  
**VENUE** Brockwell Park, London, 9:30am **CONTACT** Fiona

Woods; 020 7627 9295; fwoods@battersea.org.uk; www.battersea.org.uk/apex/webarticle?pagelid=muddyDogChallenge **COST** £25 C/D 5/5 E/D YES, £30

## WILTSHIRE

**ROAD • URBAN • FLAT**  
**VITALITY RUN HACKNEY 2015**  
**VENUE** Hackney, 9am **CONTACT** Vitality Run Hackney; 0845 304 5443; info@go2events.org.uk; runhackney.com **COST** £42/£44 C/D 13/4 E/D NO

## NORFOLK

**ROAD • RURAL • FLAT**  
**DEREHAM 10M**  
**VENUE** Neatherd High School, Norwich Road, Dereham, 11am **CONTACT** Neville Knights; 01953 681 830; 01760 725 236 [eve]; nevilleknights@tiscali.co.uk; derehamrunners.co.uk **COST** £10/£12 C/D 2/5 E/D YES, +£2

## SCOTLAND

**TRAIL • FLAT**  
**MONKIE 10K 2015 (+)**  
**VENUE** Monkie Country Park, Monkie, Dundee, 11am **CONTACT** Nicholas Kydd; 0845 20 20 143; enquiries@eventfull.biz; www.eventfull.biz **COST** £12.50 E/D NO

## SHROPSHIRE

**ROAD • URBAN**  
**MARKET DRAYTON 10K**  
**VENUE** Grove School, Newcastle Road, Market Drayton, 11am **CONTACT** Market Drayton 10K c/o UK Results; 07808 144 348; marketdrayton10k@gmail.com; www.marketdrayton10k.co.uk **COST** £14/£16 C/D 30/4 E/D NO

## SURREY

**ROAD**  
**SUTTON RUNNERS 10K**  
**VENUE** Mansion House, Nonsuch Park, Ewell Road, Cheam, 9:30am **CONTACT** Jacqui Medley; 07932 144 793; sutton10k@suttonrunners.org; www.suttonrunners.org **COST** £14/£16 E/D YES, £20

## SUSSEX

**ROAD • URBAN • FLAT**  
**HASTINGS 5**  
**VENUE** Town Hall, Hastings, 10:30am **CONTACT** Victor Froehnik; 07742 716 882; anthonyademarco@gmail.com; www.hastingsrunners.org.uk **COST** £11/£13 C/D 2/5 E/D YES, £15

**ROAD • URBAN**  
**STARFISH BEXHILL MARATHON AND RACES (+)**  
**VENUE** Bexhill Rowing Club, Channel View East, Bexhill, 10am **CONTACT** Emma Bourne; 01424 739 018; 07848 020 166; ebourne@stmarysbexhill.org; starfishraces.moonfruit.com/ **COST** £30/£32 C/D 5/5 E/D NO

## WALES

**ROAD • RURAL**  
**JAN YOUNGER MEMORIAL NEYLAND 10K**  
**VENUE** Brunel Quay, Neyland Marina, Neyland, 11am **CONTACT** Laurence Worth; laurence\_worth@yahoo.co.uk; www.pembrokehshireharriers.org.uk/road/jan-younger-memorial-10k/ **COST** £7/£9 C/D 5/5 E/D YES, +£2

## ROAD • RURAL • HILLY

**SORBROOK CHALLENGE 10K**  
**VENUE** The Olive Tree, Edlogan Way, Cwmbran, 11am **CONTACT** Barrie Parham; griffithstownharriers@gmail.com; www.griffithstownharriers.co.uk/sorbrook.html **COST** TBC C/D 3/5 E/D YES

## WARWICKSHIRE

**ROAD • RURAL**  
**THE BOSWORTH HALF MARATHON (+)**  
**VENUE** Market Bosworth Water Trust, Cotton Lane, Market Bosworth, 10am **CONTACT** Linda Whitelegg; 07950 455 085; 01455 617 608; bosworthhalf@talktalk.net; www.bosworthhalf.com **COST** £20/£22 C/D 8/5 E/D YES, £30

## WILTSHIRE

**ROAD • RURAL • FLAT**  
**DAUNTSEY 10K**  
**VENUE** Dauntsey Cricket Club, 1 Church Lane, Dauntsey, Chippenham, 10:30am **CONTACT** Joel Thomson; 01793 890 096 [eve]; dauntsey10km@outlook.com; www.slinnallstars.co.uk/ **COST** £10 C/D 1/5 E/D YES, +£2

## TRAIL • RURAL

**MARLBOROUGH DOWNS CHALLENGE 2015 (+)**  
**VENUE** Marlborough Leisure Centre, Marlborough, 9am **CONTACT** Phil Griffiths; MarlboroughDownsChallenge@googlegmail.com; www.marlbroughrunningclub.co.uk/downchallenge.shtm **COST** £24/£26 C/D 1/4 E/D NO

**ROAD • URBAN • FLAT**  
**TROWBRIDGE "SUPERHERO" 5K**  
**VENUE** Trowbridge Park, Trowbridge, 11:30am **CONTACT** Stampede Sports; stampedesports@yahoo.co.uk; www.stampedesports.co.uk **COST** £8/£10 E/D YES, +£2

## WORCESTERSHIRE

**TRAIL • RURAL**  
**BROMSGROVE LEUKAEMIA AND LYMPHOMA RESEARCH 10K FUN RUN (+)**  
**VENUE** Finstall Park, Finstall road, Bromsgrove, 11am **CONTACT** Nicole Harris; 01527 878 493; 44152 787 8493; nicoloharris@aol.com; www.lrbromsgrove.org.uk **COST** £12.50/£11.50 E/D YES, £15

## YORKSHIRE

**ROAD • URBAN • FLAT**  
**LEEDS HALF MARATHON**  
**VENUE** Leeds, 9:30am **CONTACT** info@runforall.com; www.runforall.com **COST** £26/£28 E/D NO

## TRAIL • RURAL

**RAVENSAR COASTAL HALF MARATHON (+)**  
**VENUE** Ravenscar Village Hall, Ravenscar, 9:30am **CONTACT** David Swales; 01904 421 376; swalesdavid@hotmail.com; srmlr.org.uk **COST** £10 C/D 30/4 E/D YES, +£5

## MONDAY MAY 11

### GLoucestershire

**ROAD • RURAL • FLAT**  
**THE BERKELEY 10K**  
**VENUE** Hamfield Leisure, Berkeley, Gloucester, 7:30pm **CONTACT** John Rodgers; 07746 932 798; 01242 582 548; jrogersd@btinternet.com; www.dursleyac.org.uk/cms/ **COST** £8/£10 C/D 3/5 E/D YES, +£2

## WEDNESDAY MAY 13

### BUCKINGHAMSHIRE

**TRAIL • FLAT**  
**LANGLEY PARK 5K SUMMER SERIES-RACE 1**  
**VENUE** Langley Park Country Park, Billett Lane, Iwer Heath, 7pm **CONTACT** Fred Ashford; 01494 534 972; None; fredashford@waitrose.com; bucksvoice.net/langley-park-races **COST** £6/£8 C/D 11/5 E/D YES, +£2

### NOTTINGHAMSHIRE

**TRAIL**  
**NOTTINGHAM 5K SUMMER SERIES (+)**  
**VENUE** Colwick Country Park, Via River Road, Nottingham, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 E/D YES, +£2

## THURSDAY MAY 14

### BERKSHIRE

**TRAIL • FLAT**  
**DINTON PASTURES 10KM SUMMER SERIES (+)**  
**VENUE** Dinton Pastures Country Park, Davis Street, Hurst, 7:30pm **CONTACT** Barnes Fitness; 0189 988 2444; info@barnesfitness.co.uk; www.barnesfitness.co.uk/event/dinton-5km10km-summer-series **COST** £11/£13 E/D YES, £14/£17

### LEICESTERSHIRE

**ROAD • FLAT**  
**LEICESTER CITY 5K SUMMER SERIES (+)**  
**VENUE** Victoria Park, London Road, Leicester, 7:30pm **CONTACT** Martin Burke; 01797 230 572; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 C/D 10/5 E/D YES, +£2

### SUSSEX

**TRAIL • RURAL**  
**THE OUT OF THE BLUE BATTLE 10K (+)**  
**VENUE** Ashburnham Place, Battle, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; nice-work.org.uk/events.php?id=199 **COST** £13/£15 C/D 10/5 E/D YES, +£2

## FRIDAY MAY 15

### KENT

**ROAD**  
**THE PODPLUS ASHFORD SUMMER 10K & 5K SERIES (+)**  
**VENUE** Victoria Park, Jemmett Road, Ashford, 7:30pm **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £12/£14 C/D 10/5 E/D YES, +£2

### LONDON

**TRAIL • URBAN • RURAL**  
**LONDON CARDIFF 24 TEAM RELAY CHALLENGE**  
**VENUE** Twickenham, London, 5pm **CONTACT** Ross Herringshaw; ross@wolfpackrunning.com; wolfpackrunning.com **COST** £60 E/D NO

## SATURDAY MAY 16

### DEVON

**TRAIL • RURAL**  
**SOUTH DEVON 10K RACE (+)**  
**VENUE** South Devon College, Long Road, Paignton, noon **CONTACT** Janice Morris; 01803 540 554/540 395; 07714 167 763; 07843 160 771; friends@southdevon.ac.uk; shop.southdevon.ac.uk/browse/product.asp?compid=16modid=1&catid=74 **COST** £10/£12 C/D 14/5 E/D YES, +£2

### ESSEX

**TRAIL • RURAL**  
**NUCLEAR OBLIVION (+)**  
**VENUE** Kelvedon Hatch Secret Nuclear Bunker, Brentwood, 9:30am **CONTACT** Lucy Goodson; 07824 666 722; damian@nuclear-races.co.uk; www.nuclear-races.co.uk **COST** TBC E/D NO

### KENT

**ROAD • URBAN • RURAL**  
**MARAFUN (+)**  
**VENUE** Green Street Green Primary School, Vine Road, Orpington, 10:30am **CONTACT** Martin Print; 01689 828 166; 07802 810 014; martin.print@amazia.co.uk; www.marafun.co.uk **COST** £18/£20 C/D 13/5 E/D YES

### LONDON

**TRAIL**  
**BATTLE OF THE BOROUGH 10K RUN 2015 (+)**



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**VENUE** Greenwich Park, London, 9:30am **CONTACT** David Kranke; 020 8144 0797; 07919 141 534; info@thefixuk.com; thefixevents.com/battle-of-the-boroughs-5k-and-10k-run-2015 **COST** £20 **C/D** 1/5 **E/D** YES, +£5

**•ROAD •FLAT**  
**BEAT THE BANANA! 5K FAMILY FUN RUN**  
**VENUE** Queen Elizabeth Olympic Park, London, 10am **CONTACT** Leanne Richards; 020 7343 4200; beatthebanana@wcrf.org; www.wcrf-uk.org/beatthebanana **COST** TBC **C/D** 1/5 **E/D** NO

**•ROAD •FLAT**  
**SOUTHWARK PARK 10K RUN + FUN RUN (+)**  
**VENUE** Southwark Park, Gomm Road, London, 9:30am **CONTACT** Andrea Magold; 07426 946 927; info@pbracevents.co.uk; www.pbracevents.co.uk **COST** £16/£18 **C/D** 10/5 **E/D** NO

**OXFORDSHIRE**  
**•TRAIL •FLAT**  
**RUN THE OXFORD PARKS! TRY ORIENTEERING AT UNIVERSITY PARKS, OXFORD**  
**VENUE** University Parks, Parks Road, Oxford, 10am **CONTACT** Mike Shires; publicity@tvoc.org.uk; www.tvoc.org.uk **COST** £4/£6 **E/D** ONLY

**SURREY**  
**•TRAIL •URBAN •RURAL**  
**GREEN BELT RELAY**  
**VENUE** Hampton Court Palace, East Molesey, 8:30am **CONTACT** Peter Kennedy; 07966 542 315; greenbeltrelay@outlook.com; www.greenbeltrelay.org.uk **COST** £253 **C/D** 31/3 **E/D** NO

**SUSSEX**  
**•TRAIL •URBAN •RURAL**  
**ARUN RIVER MARATHON**  
**VENUE** Littlehampton Marina, Littlehampton, 9am **CONTACT** Jay McCardie; sussextrailevents@outlook.com; www.sussextrailevents.com **COST** £28/£30 **E/D** NO

**WALES**  
**•TRAIL •RURAL •HILLY**  
**SNOWDONIA SLATEMAN (+)**  
**VENUE** Llanberis, 9am **CONTACT** Roanna Andrews; 01248 723 553; info@alwaysaimhigherevents.com; www.snowdoniaslateman.com **COST** £69.95 **E/D** NO

**WORCESTERSHIRE**  
**•TRAIL •RURAL**  
**DOWN & DIRTY**  
**VENUE** Court Farm, Wolverley, Kidderminster, 10am **CONTACT** Steve Marks; 07756 626 228; admin@gritvents.co.uk; www.gritvents.co.uk **COST** £30 **C/D** 16/4 **E/D** NO

**YORKSHIRE**  
**•TRAIL •RURAL •HILLY**  
**OVER THE ODDA 10K (+)**  
**VENUE** Hawksrth C of E School, Main Street, Hawksrth, 10am **CONTACT** Emma Stoney; overtheodda@gmail.com **COST** £8/£10 **C/D** 15/5 **E/D** YES

**•TRAIL •RURAL**  
**SOEWBY SCORCHER 10K**  
**VENUE** St Peter's Centre, Sowerby, St Peter's Ave, Sowerby Bridge, 10am **CONTACT** Lesley Ennis; 01422 836 338; lesleyennis@hotmail.co.uk; www.sowerbystpeters.org.uk **COST** £10/£11 **C/D** 11/5 **E/D** YES, +£2

**SUNDAY MAY 17**  
**BERKSHIRE**  
**•ROAD •RURAL •FLAT**  
**ROYAL BERKSHIRE 10K (+)**  
**VENUE** 100 Longwater, Green Park, Reading, 10:30am **CONTACT** Claire Bond & Chris Sumner; 07969 179 892; enquiries@royalberkshire10k.com; www.royalberkshire10k.com **COST** £18/£20 **C/D** 10/5 **E/D** NO

**CHESHIRE**  
**•ROAD •URBAN •RURAL**  
**CHESTER HALF MARATHON**  
**VENUE** Chester Racecourse, Chester, 9am **CONTACT** Chris Hulse; lindaw@chestermarathon.co.uk; www.chesterhalfmarathon.co.uk **COST** £28/£30 **E/D** NO

**CUMBRIA**  
**•ROAD •RURAL**  
**BRATHAY WINDERMERE MARATHON**  
**VENUE** Brathay Hall, Ambleside, 10:30am **CONTACT** Alison Young; 01539 439 749; marathon@brathay.org.uk; www.brathaywindemeremarathon.org.uk **COST** £35/£37 **C/D** 14/5 **E/D** NO

**•TRAIL •RURAL**  
**MONTANE TRAIL 26 HOWGILLS (+)**  
**VENUE** The People Hall, Howgill Lane, Sedburgh, 9:40am **CONTACT** Chris Kitchin; chriskitchin@epicevents.co.uk; www.trail26.com/ultraultra26/howgills-may-17th-2015.html **COST** £30 **C/D** 14/5 **E/D** NO

**DERBYSHIRE**  
**•ROAD •RURAL**  
**10KM LEA BUNNY RUN (+)**  
**VENUE** Lea Green Conference Centre, Lea, Matlock, 10am **CONTACT** Rebecca Owen; 07813 992 886; 01629 534 672; beccy3472@tiscali.co.uk; www.leabunnyrun.co.uk **COST** TBC

**DORSET**  
**•TRAIL •RURAL**  
**GRAND TRI RUN (+)**  
**VENUE** St Giles House, Wimborne St Giles, 10am **CONTACT** Lord Shaftesbury; 01725 517 214; catherine@shaftesburyestates.com; www.grandtrirun.co.uk **COST** - **E/D** NO

**•TRAIL •FLAT**  
**RACE DAY FOR SPRING 10K (+)**  
**VENUE** Upton Country Park, Poole Road, Poole, 10:45am **CONTACT** Suzy Charman; 07900 687 418; suzy@messagedirect.co.uk; www.racedayforspring.co.uk **COST** £10/£12 **C/D** 1/5 **E/D** NO

**•TRAIL •RURAL •HILLY**  
**THE HARD WAY HALF**  
**VENUE** The Blues Club, Grove Rd, Portland, 10am **CONTACT** Bill Hicks; 07849 837 650; billhicksd4@talktalk.net; www.rmpac.co.uk **COST** £9/£11 **C/D** 14/5 **E/D** YES, +£2

**•TRAIL •RURAL •HILLY**  
**WESSEX RIDGEWAY RELAY 100K**  
**VENUE** By the Pond, Tollard Royal, 7:30am **CONTACT** Chris Cussen; 01963 33797; chris.cussen@talktalk.net; www.gillinghamtrotters.talktalk.net **COST** £10/£12 **C/D** 25/4 **E/D** NO

**DURHAM**  
**•TRAIL •RURAL**  
**RABY CASTLE 10K (+)**  
**VENUE** Raby Castle Grounds, Staindrop, Barnard Castle, 11am **CONTACT** A Knox; andrew\_knox@msn.com; www.teedaleac.com **COST** £12/£14 **C/D** 10/5 **E/D** YES, +£2

**ESSEX**  
**•ROAD •URBAN •RURAL**  
**EDMUND CARR GREAT BADDOW CHARITY 10 MILE ROAD RACE (+)**  
**VENUE** The Recreation Ground, Great Baddow, Chelmsford, 10am **CONTACT** Robert Cappin; 07966 376 170; baddowraces@gmail.com; www.baddowraces.org.uk **COST** £14/£16 **C/D** 4/5 **E/D** YES, £20

**GLOUCESTERSHIRE**  
**TEWKESBURY HALF MARATHON**  
**VENUE** Tewkesbury Rugby Club, Gander Lane, Tewkesbury, 10am **CONTACT** Andy Heyes; andy@tewkeshuryhalf.com; www.tewkeshuryhalf.com **COST** £27/£29 **C/D** 30/4 **E/D** NO

**HAMPSHIRE**  
**•ROAD •RURAL**  
**HOOK 10 MILES (+)**  
**VENUE** Hook Schools Site, Hook, 11am **CONTACT** Jonathan Ruddle; team@hookfunrun.com; www.hookfunrun.com **COST** £14/£16 **C/D** 7/5 **E/D** NO

**•ROAD •RURAL •FLAT**  
**POMPEY PEOPLE'S RUN**  
**VENUE** Fratton Park, Southsea, Portsmouth, 10am **CONTACT** Jim Cowan; 0333 011 5090; hello@pompeypeoplesrun.co.uk; www.pompeypeoplesrun.co.uk **COST** £15 **C/D** 4/5 **E/D** NO

**•ROAD •FLAT**  
**SOUTHAMPTON ATHLETIC CLUB 10K**  
**VENUE** Royal Victoria Country Park, Netley Abbey, Southampton, 10:30am **CONTACT** richie pearson; 02380 909 327; 07713 149 122; richiepearson@ntlworld.com; southamptonathleticclub.org.uk **COST** £12/£14 **C/D** 8/5 **E/D** YES, +£2

**HERTFORDSHIRE**  
**•TRAIL •RURAL**  
**THE BARR ELLISON WIMPOLE 10K HOOHAH**  
**VENUE** Wimpole Estate, Old Wimpole Road, Royston, 10am **CONTACT** Hannah Hodgson; hannah@justhappen.co.uk; www.hooahaah.co.uk **COST** £18 **E/D** NO

**•TRAIL •RURAL**  
**WHEATHAMPSTEAD 10K (+)**  
**VENUE** The Memorial Hall, Marford Playing Fields, Wheathampstead, 11:15am **CONTACT** Andy Shore; contact@wheathampstead10k.co.uk; www.facebook.com/Wheaty10K **COST** £16 **E/D** NO

**KENT**  
**•ROAD •RURAL**  
**SITTINGBOURNE INVICTA 10K (+)**  
**VENUE** Westlands School, Sittingbourne, 11am **CONTACT** David Brown; 01795 479 456; 07758 737 981; dnbrown@blueyonder.co.uk **COST** £12/£14 **C/D** 8/5 **E/D** YES, +£2

**•ROAD •RURAL**  
**STELLING MINNIS 10K**  
**VENUE** Stelling Minnis Village Hall, Stelling Minnis, Canterbury, 11am **CONTACT** Ali Cottrell; 07889 720 865 [day]; 01227 709 582 [eve]; 07889 720 865; alicottrell@tiscali.co.uk **COST** £10/£12 **C/D** 15/5 **E/D** YES, +£2

**LANCASHIRE**  
**•TRAIL**  
**WORDEN PARK 10K (+)**  
**VENUE** Worden Park, Worden Lane, Leyland, 11am **CONTACT** Steve Ashcroft; 07886 786 246; shoestring360@hotmail.com; www.redroseroadrunners.org/our-races/ **COST** £8/£10 **C/D** 12/5 **E/D** YES, +£2

**LEICESTERSHIRE**  
**•ROAD •URBAN •FLAT**  
**LEICESTER'S BIG 10K 2015**  
**VENUE** Abbey Park, Abbey Park Road, Leicester, 9:30am **CONTACT** Sarah Bland; 01789 267 337; 07540 287 781; sarah@tempoevents.co.uk; www.tempoevents.co.uk **COST** £15.50/£17.50 **E/D** NO

**LONDON**  
**•TRAIL**  
**STOCKLEY PARK 10K**  
**VENUE** Stockley Park, Uxbridge, 10:30am **CONTACT** Claire Donald; 01494 630 759; 07860 650 579; info@purplepatchrunning.com; www.purplepatchrunning.com **COST** £15/£17 **C/D** 10/5 **E/D** YES, +£3

**MIDDLESEX**  
**•TRAIL •FLAT**  
**VF 10KM RUN 2015**  
**VENUE** Busky Park, by Diana Fountain, Hampton, 10am **CONTACT** Monica Dan; 07758 308 130; moniquedan@yahoo.it; www.volunteersfoundation.co.uk **COST** £20 **C/D** 1/5 **E/D** NO

**OXFORDSHIRE**  
**•TRAIL**  
**BLENNHEIM 7K (+)**  
**VENUE** Blenheim Palace, Woodstock, Oxford, 11am **CONTACT** Sarah Airey; entries@blenheim7k.co.uk; www.blenheim7k.co.uk **COST** £15 **C/D** 12/5 **E/D** YES, +£5

**SCOTLAND**  
**•ROAD •URBAN •RURAL**  
**GREAT WOMEN'S 10K**  
**VENUE** Glasgow, 10:30am **CONTACT** Great Run; info@greatrun.org; www.greatrun.org/womens10k **COST** £26 **E/D** NO

**SHROPSHIRE**  
**•TRAIL •RURAL**  
**THE WENLOCK OLYMPIAN SOCIETY HALF MARATHON**  
**VENUE** Much Wenlock Leisure Centre, William Brooks School, Farley Road, Much Wenlock, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £20/£22 **E/D** YES, £25

**SUFFOLK**  
**BURY TO CLARE CHALLENGE - 18 MILES**  
**VENUE** Newton Park, Bury St Edmunds, 10:30am **CONTACT** Kevin Marshall; 01284 716 483; 07955 495 016; kevin@positivestepspt.co.uk; www.positivestepspt.co.uk/bury-to-clare-challenge/ **COST** £18 **C/D** 12/5 **E/D** NO

**•TRAIL**  
**GO INSANE AT IPSWICH**  
**VENUE** Poplar Park, Hollesley, Woodbridge, 10am **CONTACT** Ashley Edwards; 07785 117 630; ashley@insaneterrainrunning.com; www.insaneterrainrunning.com **COST** £36 **C/D** 14/5 **E/D** YES, +£14

**SURREY**  
**•TRAIL**  
**RICHMOND PARK MARATHON 2015**  
**VENUE** Richmond Park, Sheen Gate, Richmond, 9:30am **CONTACT** Gareth Davies; 020 8651 5177; 079 677 29922; richmondparkmarathon@gmail.com; www.richmondparkmarathon.co.uk **COST** £30/£32 **C/D** 30/4 **E/D** YES, £32

**•TRAIL •RURAL**  
**WOODLAND WOGGLE 10K TRAIL RUN (+)**  
**VENUE** Hampton Estate, Seale, Farnham, 10am **CONTACT** Dave Porter; Chairiman@bvrnrunners.org.uk; woodlandwoggle.com **COST** £13/£15 **C/D** 1/5 **E/D** YES, +£5

**SUSSEX**  
**•ROAD •URBAN •FLAT**  
**BOGNOR PROM 10K (+)**  
**VENUE** West Park, Silverstone Avenue, Bognor Regis, 10:30am **CONTACT** Gavin Oclee-Brown; 01243 829 065; 07821 387 307; gavin.oclee.brown@hotmail.com; www.bognorprom10k.org **COST** £14/£16 **C/D** 6/5 **E/D** NO

**•TRAIL •RURAL**  
**HORSHAM 10K (+)**  
**VENUE** Horsham Rugby Club, Hammerpond Road, Horsham, 11am **CONTACT** info@horshamjoggers.co.uk; www.horshamjoggers.co.uk **COST** £12/£14 **C/D** 12/5 **E/D** YES, £17

**WALES**  
**•ROAD •RURAL •FLAT**  
**RACE FOR WILDLIFE 10K (+)**  
**VENUE** Undy Athletic Football Club, The Causeway, Undy, 10:30am **CONTACT** Liesel Townley; 01600 740 600; ltownley@gwentwildlife.org; www.gwentwildlife.org **COST** £14/£12 **C/D** 8/5 **E/D** YES

**•TRAIL •URBAN •RURAL**  
**RUN FOR BRACKEN (+)**  
**VENUE** The Bracken Trust Cancer Support Centre, Cefnlllys Lane, Llandrindod Wells, 11am **CONTACT** Gaynor James; 01597 823 646; 01597 782 3646; bracken.trust@btopenworld.com; www.brackenrtrust.org.uk **COST** - **E/D** NO

**•TRAIL •RURAL**  
**SARN HELEN HILL RACE 16.5 (+)**  
**VENUE** Lampeter Rugby Club, North Road, Lampeter, 11am **CONTACT** Lyn Rees; 01570 434 244; 07969 463 129; rees.tanrhos@tiscali.co.uk; www.sarnhelen.org.uk **COST** £12 **C/D** 10/5 **E/D** YES

**•TRAIL •RURAL**  
**SIRHOWY CHALLENGE**  
**VENUE** Ynysddu Hotel Ynysddu, X-Keys, Newport, 10am **CONTACT** Mike Heare; 01495 245 430; nikeair@farmrd.fsnet.co.uk; islwynrunningclub.org.uk **COST** £8/£10 **C/D** 10/5 **E/D** YES, £10

**WEST MIDLANDS**  
**•ROAD •URBAN •RURAL**  
**COBRRA CLASSIC 10K (+)**  
**VENUE** Old Halesonians Rugby Football Club, Wassell Grove, Stourbridge, 10:30am **CONTACT** Alan Davies; 0121 602 0194; 07534 936 183; arcdavies@blueyonder.co.uk; www.cobrarc.co.uk **COST** £9/£11 **C/D** 10/5 **E/D** YES, +£2

**WILTSHIRE**  
**COMMONWEAL 5**  
**VENUE** Commonweal School, The Mall, Swindon, 10:30am **CONTACT** Roger Bryan; info@commonweal5.co.uk; www.commonweal5.co.uk/ **COST** - **E/D** NO

**•TRAIL**  
**MAY MILE (+)**  
**VENUE** Sheldon School, Hardenhuish Lane, Chippenham, 11am **CONTACT** Zoe Rucker; 07958 752 352; maymile@live.co.uk; www.maymile.co.uk **COST** £4.50 **C/D** 9/5 **E/D** YES, +50p

**•TRAIL •RURAL**  
**THE IMMORTAL (+)**  
**VENUE** Stourhead Estate, High Street, Stourton, 7am **CONTACT** Steve Elliott; 01935 426 779; steve@fullonsport.com; www.immortalsport.com/immortal\_event\_profile.php **COST** £115/£120 **E/D** YES

**WORCESTERSHIRE**  
**•TRAIL •RURAL**  
**BULMERS BASH**  
**VENUE** Bulmers Orchard, Hockhams Lane, Wichenford, Worcester, 11am **CONTACT** David Hibbit; 01905 757 540; hibbitrunner@hotmail.co.uk; Worcester Athletic Club **COST** £9/£11 **E/D** YES, +£1

**SUNDAY MAY 18**  
**GLOUCESTERSHIRE**  
**•ROAD •RURAL •FLAT**  
**HOGWEED TROT 10K**  
**VENUE** Yate Town Football Club, Lodge Road, Yate, 7pm **CONTACT** Kim Freestone; 01454 325 886; 07948 710 426; rabbell1@aol.com; www.hogweedtrotters.co.uk **COST** £9/£11 **C/D** 14/5 **E/D** YES, +£1

**TUESDAY MAY 19**  
**STAFFORDSHIRE**  
**•TRAIL •HILLY**

## Where's the action?

May's 272 events broken down by region

Scotland / 9

North / 37

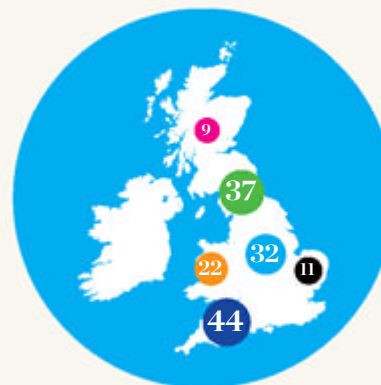
Midlands / 32

East / 11

South / 117

Southwest / 44

Wales / 22





**SILVERDALE DASH (+)**  
**VENUE** Silverdale Country Park, Silverdale, Newcastle, 7pm **CONTACT** Andrew Vickerman; 07725 125 502; avickerman@me.com; www.bookitzone.com **COST** £7.50/£9.50 **C/D** 17/5 **E/D** YES

### WEDNESDAY MAY 20

#### BERKSHIRE

•**TRAIL** •**RURAL**

#### WOODLAND 5 - MAY (+)

**VENUE** Broadmoor Car Park, Upper Broadmoor Road, Crowthorne, 7:30pm **CONTACT** Simon Crute; 07973 838 857; w5@finchcoasters.org.uk; finchcoasters.org.uk **COST** £7.50/£9.50 **C/D** 10/5 **E/D** YES, +£2

#### NORFOLK

#### GYRR PROMENADE 5 MILE SERIES RACE 3

**VENUE** Marina Centre, Great Yarmouth, 11am **CONTACT** Dianne Crosby; 07986 716 083; pauline.richardson127@ntlworld.com; www.gyrr.co.uk **COST** £7/£9 **E/D** YES, +£1

### FRIDAY MAY 22

#### KENT

•**TRAIL** •**RURAL** •**FLAT**

#### LITTLESTONE LIFEBOAT 10K PROMENADE DASH (+)

**VENUE** Littlestone Lifeboat Station, Coast Drive, Greatstone, 7:30pm **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £11/£13 **E/D** YES, +£2

#### NORTHAMPTONSHIRE

•**ROAD** •**RURAL**

#### BLISWORTH FRIDAY 5

**VENUE** Blisworth Football Club, Courtenehall Road, Blisworth, 7:30pm **CONTACT** Mike Kendall; 07966 057 924; races@woottonroadrunners.co.uk; www.woottonroadrunners.co.uk/ **COST** £7/£9 **C/D** 17/5 **E/D** YES, +£3

#### YORKSHIRE

•**TRAIL** •**RURAL**

#### HARDMOORS 160

**VENUE** Scalby Mills, Scarborough, 5pm **CONTACT** Jonathan Steele; 01937 830 677; 07909 797 872; info@hardmoors10.org.uk; www.hardmoors10.org.uk **COST** £135 **C/D** 8/5 **E/D** NO

### SATURDAY MAY 23

#### BUCKINGHAMSHIRE

#### ROCK SOLID SPRINT

**VENUE** Silverstone Woodlands, Silverstone Woodlands, Milton Keynes, 10am **CONTACT** Rock Solid; 01392 580 571; info@rocksolidrace.com; atnd1/19675-0 **COST** £41 **E/D** YES, +£10

#### CHANNEL ISLANDS

•**TRAIL** •**RURAL**

#### FIVE ISLANDS ULTRA

**VENUE** Steam Clock, St Helier, Jersey, 5am **CONTACT** digby ellis-brecknell; hareandtortoise@jerseymail.co.uk; www.hareandtortoiseevents.co.uk **COST** TBC **C/D** 23/4 **E/D** NO

#### DORSET

•**TRAIL** •**RURAL** •**HILLY**

#### MAVERICK ORIGINAL DORSET 22KM (+)

**VENUE** Brenscombe Outdoor Activity Centre, Studland Road, Corfe, 10am **CONTACT** Ben MacWilliam; 07792 516 035; info@maverick-race.com; www.maverick-race.com **COST** £30 **E/D** YES, +£3

#### KENT

•**TRAIL** •**RURAL** •**FLAT**

#### HARBOUR WALLBANGER 2014

**VENUE** The Pavilion, Broadstairs, 10am **CONTACT** Sharon Foster; 07773 620 045; wallbanger@thetanetroadrunners.org.uk; www.thetanetroadrunners.org.uk **COST** £10/£12 **C/D** 16/5 **E/D** YES, £14

#### SCOTLAND

•**TRAIL** •**RURAL** •**HILLY**

#### BING BLAZER (+)

**VENUE** Sibbald Park, Shona's Way, Blackridge, 9am **CONTACT** Michael Smith; 07546 356 748; admin@bingblazer.co.uk; www.bingblazer.co.uk **COST** TBC

•**TRAIL** •**RURAL**

#### DUNVEGAN 10K AND FUN RUN (+)

**VENUE** Dunvegan Primary School, Dunvegan, Isle Of Skye, 2pm **CONTACT** Angus Munro; 01470 572 302; 07483 149 143; angusmunro@btinternet.com **COST** £7.50 **E/D** YES

#### SHROPSHIRE

•**TRAIL** •**RURAL** •**HILLY**

#### THE SHIN DIG IN THE SHIRE (+)

**VENUE** The Corvedale Brewery @ The Sun Inn, Corffon, Craven Arms, 10am **CONTACT** Denizil Martin; denzil@codrc.co.uk; www.codrc.co.uk **COST** £32/£34 **C/D** 15/5 **E/D** NO

#### SUSSEX

•**TRAIL** •**RURAL**

#### THE 7TH ROCKABILLY 5 (+)

**VENUE** The Royal Oak Inn, Rye Foreign, Peasmarsh, 6pm

**CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £11/£13 **C/D** 23/5 **E/D** YES, +£2

#### •**TRAIL**

#### VOTWO TRAIL RUN 24

**VENUE** Pippingford Park, Ashdown Forest, Nutley, Noon **CONTACT** Ben Mason; 07540 902 612 [day]; alex@votwo.co.uk; www.votwo.co.uk **COST** £50 **C/D** 20/5 **E/D** YES, +£20

#### YORKSHIRE

•**TRAIL** •**RURAL**

#### HARDMOORS 110

**VENUE** Helmsley Town Hall, Market Place, Helmsley, 8am **CONTACT** Jonathan Steele; 01937 830 677; 07909 797 872; info@hardmoors10.org.uk; www.hardmoors10.org.uk **COST** £100 **C/D** 8/5 **E/D** NO

### SUNDAY MAY 24

#### BEDFORDSHIRE

•**TRAIL** •**RURAL**

#### HERCULES FESTIVAL OF SPORT - LUTON (+)

**VENUE** Inspire Luton Sports Village, Hitchin Road, Luton, 7am **CONTACT** Laura Thornhill; 01923 883 177; admin@herculesevents.com; www.herculesevents.com **COST** TBC

#### BERKSHIRE

•**TRAIL** •**URBAN** •**RURAL**

#### BAYER NEWBURY 10K (+)

**VENUE** Waterside Youth & Community Centre, Northbrook Street, Newbury, 10:15am **CONTACT** Rebecca Coxhead; newbury10k@gmail.com; www.bayer.co.uk/newbury-10k **COST** £13/£15 **E/D** NO

•**TRAIL** •**RURAL** •**FLAT**

#### ROYAL WINDSOR HALF MARATHON TRAIL RUN (+)

**VENUE** Alexandra Gardens, Barry Avenue, Windsor, 9am **CONTACT** Martyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.windsorhalfmarathon.co.uk **COST** £25 **E/D** NO. Prices TBC

#### CHANNEL ISLANDS

•**TRAIL** •**RURAL**

#### GUERNSEY ULTRA

**VENUE** Half Moon Cafe, St Peter Port, Guernsey, 7am **CONTACT** digby ellis-brecknell; hareandtortoise@jerseymail.co.uk; www.hareandtortoiseevents.co.uk **COST** £40 **C/D** 10/5 **E/D** NO

#### DERBYSHIRE

•**ROAD** •**URBAN** •**RURAL** •**HILLY**

#### THE LOMAS DISTRIBUTION BUXTON HALF MARATHON

**VENUE** Pavilion Gardens, Buxton, 10am **CONTACT** Beverley Golden; 07860 365 660; 01298 938 096; bevgolden76@gmail.com; www.buxtonac.org.uk/seniors.py **COST** £10/£12 **C/D** 22/5 **E/D** YES, +£2

#### KENT

•**ROAD** •**RURAL**

#### AYLESHAM & EAST KENT 10 MILER

**VENUE** Aylesham Welfare Leisure Centre, Spinney Lane, Aylesham, 10am **CONTACT** Barry Hopkins; 01227 722 931; contact@sportingeventssuk.com; www.sportingeventssuk.com **COST** £16/£18 **E/D** YES, £22

#### LANCASHIRE

•**ROAD** •**RURAL** •**FLAT**

#### GT ECCLESTON 4 MILER

**VENUE** Gt Eccleston Scout hut, Hall Lane Gt Eccleston, Preston, 10:30am **CONTACT** Alan Taylor; 07850 684 162; alan.taylor7@tesco.net; Alan Taylor face book **COST** £6/£8 **C/D** 17/5 **E/D** YES, +£2

#### LONDON

•**ROAD** •**URBAN** •**FLAT**

#### BUPA WESTMINSTER MILE

**VENUE** The Mall, London, 9am **CONTACT** The London Marathon Ltd; 020 7902 0200; entrieswestminstermile@london-marathon.co.uk; www.bupawestminstermile.com **COST** £7/£8 **E/D** NO

#### OXFORDSHIRE

•**TRAIL** •**URBAN** •**RURAL** •**FLAT**

#### WALLINGFORD THAMES RUN (+)

**VENUE** Wallingford, 10am **CONTACT** Thames Run; racesecretary@thamesrun.co.uk; www.thamesrun.co.uk/ **COST** £14/£16 **E/D** YES, £18

#### SCOTLAND

•**TRAIL** •**URBAN** •**RURAL** •**FLAT**

#### MULL OF KINTYRE HALF MARATHON AND 10K (+)

**VENUE** Kinloch Green, Campbeltown, 10:30am **CONTACT** Entries now closed; events@mokrun.com; www.mokrun.com **COST** - **E/D** NO

#### SOMERSET

•**TRAIL** •**RURAL**

#### CHEDDAR GORGE CHALLENGE - 10KM (+)

**VENUE** Cheddar Gorge (at the top), Cheddar, 11am **CONTACT** Tom Room; tom@relishrunningraces.com; www.relishrunningraces.com/cheddar-gorge-challenge.php **COST** £14/£16 **C/D** 11/5 **E/D** YES, +£2

#### SUSSEX

•**ROAD** •**RURAL**

#### THE RYE 10

**VENUE** Adjacent to Jempsons Supermarket, Main Street, Peasmarsh, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 **C/D** 17/5 **E/D** YES, £20

•**TRAIL** •**RURAL**

#### WEALD CHALLENGE 50KM ULTRA TRAIL (+)

**VENUE** Chiddingfold Primary School, Muddles Green, Chiddingfold, Lewes, 8am **CONTACT** Stuart Mills; 01825 840 653; trailrunningsussex@talktalk.net; www.trailrunningsussex.co.uk **COST** £39/£41 **E/D** NO

#### WALES

•**ROAD** •**URBAN** •**RURAL**

#### TREFOREST 10KM

**VENUE** Uni of South Wales Playing Fields, Pontypridd, 10:25am **CONTACT** Julian Davies; 07989 427 703; pontypriddroadents@hotmail.co.uk; www.pontypriddroadentsac.org.uk **COST** £7/£9 **C/D** 20/5 **E/D** YES, +£2

#### WILTSHIRE

•**TRAIL** •**RURAL**

#### THE OX ULTRA MARATHON (+)

**VENUE** Rushmore Estate, Tollard Royal, 8:30am **CONTACT** Race Director; 07930 335 746; andy@whitestarrunning.co.uk; www.whitestarrunning.co.uk **COST** £38/£40 **C/D** 17/5 **E/D** NO

### MONDAY MAY 25

#### LONDON

•**ROAD** •**URBAN** •**FLAT**

#### BUPA LONDON 10000

**VENUE** The Mall, London, 10am **CONTACT** The London Marathon Ltd; 020 7902 0200; online-entry@london-marathon.co.uk; www.london10000.co.uk **COST** £26/£28 **E/D** NO

### TUESDAY MAY 26

#### AVON

•**ROAD** •**URBAN** •**RURAL** •**FLAT**

#### AZTEC WEST FAST 5K

**VENUE** Aztec Centre, Aztec Business Park, Bristol, 7:30pm **CONTACT** Christopher Elson; 0117 973 3391; 07807 542 432; c.j.elson@bris.ac.uk; bristolandwestac.org.uk **COST** £5/£7 **E/D** ONLY

### WEDNESDAY MAY 27

#### GLOUCESTERSHIRE

•**TRAIL** •**RURAL**

#### THE FIVE PEAKS CHALLENGE

**VENUE** The Peak Academy, Drake Lane Dursley, Gloucester, 7:30pm **CONTACT** Graeme Hawkins; 01453 890 463; 07952 161 255; gr@emeh.wanadoo.co.uk; www.dursleyac.org.uk/cms/ **COST** £8/£10 **C/D** 20/5 **E/D** NO

#### HAMPSHIRE

•**ROAD** •**RURAL** •**FLAT**

#### LAKESIDE 5K

**VENUE** Hilsa Lido, London Road, Hilsa, 7:15pm **CONTACT** Peter Newton; 01489 781 438; 0774 811 5406; lakeside5k@athleticsevents.co.uk; www.portsmouthathletic.co.uk **COST** £5.50/£7.50 **E/D** YES, +£1.50

### THURSDAY MAY 28

#### LONDON

•**ROAD** •**FLAT**

#### BBC RUNNING CLUB - SPRING 10KM

**VENUE** Regent's Park, London, 6:30pm **CONTACT** William Hemmingsley; johan.morn@bbc.co.uk; www.bbcclub.com/connect/running/regents-park-10km **COST** £10/£13 **C/D** 15/5 **E/D** NO

### FRIDAY MAY 29

#### WARWICKSHIRE

•**ROAD** •**URBAN** •**FLAT**

#### THE WHALE ALE RELAY

**VENUE** Stratford Recreation Ground, Swans Nest Lane, Stratford-upon-Avon, 7:15pm **CONTACT** Sarah Bland; 01789 267 337; 44757 867 2090; sarah@tempoevents.co.uk; www.tempoevents.co.uk **COST** £36 **C/D** 25/5 **E/D** YES, +£6

### SATURDAY MAY 30

#### KENT

•**ROAD**

#### KENT ROADRUNNER MARATHON

**VENUE** Cyclopark, Wrotham Road, Gravesend, 9am **CONTACT** Ian J Berry; info@kentroadrunner.com; www.kentroadrunner.com **COST** £34/£36 **E/D** NO

#### LANCASHIRE

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#### CATFORTH CANTER 5K

**VENUE** Catforth Village Hall, Catforth Rd, Catforth, 6:30pm **CONTACT** Alan Taylor; 07850 684 162; alan.taylor7@tesco.net; alan.taylor.face book **COST** £6/£8 **E/D** YES, +£2

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#### PROMENADE 10 MILE BLACKPOOL

**VENUE** Hilton Hotel, North Promenade, Blackpool, 10:30am **CONTACT** Lewis McAndrew; admin@fyde.coastrunning.org **COST** £14/£16 **C/D** 14/11 **E/D** YES, +£5

#### SCOTLAND

•**TRAIL** •**RURAL**

#### SKYE TRAIL ULTRA

**VENUE** Isle of Skye, Broadford, 5am **CONTACT** jeff smith; 07775 941 134; jeffsmithmm@aol.com; www.skyetrailultra.co.uk **COST** - **E/D** NO

#### SURREY

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#### RUN RICHMOND PARK 10K RACE 5 2015 (+)

**VENUE** Richmond Park, Sheen Lane, Richmond, 10:10am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com; www.thefixevents.com **COST** £17 **C/D** 22/5 **E/D** YES, +£5

#### SUSSEX

•**TRAIL**

#### DISCOVERY RUN (+)

**VENUE** Petworth Park, Petworth, 8am **CONTACT** Sally Richards; 01276 858 930; info@thediscoveryrun.com; www.thediscoveryrun.com/ **COST** - **E/D** NO

#### WALES

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#### BWYSTFIL Y BRYN (BEAST OF BRYN) (+)

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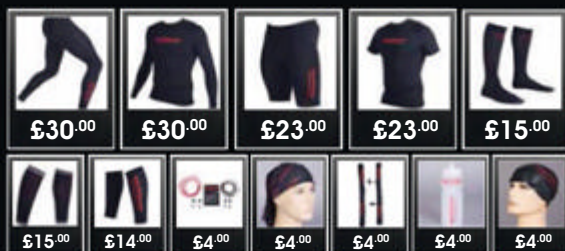


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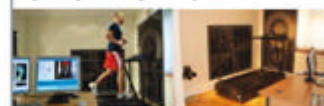
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# Ellie Taylor

The comedian and TV presenter, 31, on why her mum finds her running style so funny

**When it was sports day at my senior school I could feel the terror rising from the pit of my stomach.** I hated running, but I did enjoy team sports, such as netball. I thought I was going to be one of those people who would go through life never having to run again after leaving school.

**Six years ago, a workmate asked if I wanted to do a 10K race and I agreed.** I remember thinking that it seemed such a long way to run. But I'm stubborn and once I agree to do something there's no way I'm not going to do it.

**Last year I entered the Electric Run in London, which was enormous fun.** It's a 5K run with flashing lights and loud music. To be honest, it felt more like a massive disco than a running event.

**I live in central London and love running along the river.** The best bit is when I get to the South Bank and have to dodge all the tourists wandering about there. It's like playing some sort of mad computer game.

**My worst running injury has been a persistently lazy left buttock.** I've been told I run using my hips, when I should use my glutes more. It means I'm in pain after about 90 minutes of running.

**I don't often come up with new material when I run, but it's an ideal time to mull over things.** Before my show at the Edinburgh Festival last year I would do loads of editing in my head. A run is also great the morning after I've had a bad gig – it really gives me a lift.

## 'I like to run at my pace and listen to my music. I know, I sound so selfish'

**When it comes to running, I'm antisocial.** Friends who run – and even my sister Shona – have asked to run with me, but I'm never keen. I like to run at my pace and listen to my music. I know, I sound so selfish.

**I'm really proud to run for Breast Cancer Care.** It's a cause that means a great deal to me. My mum had breast cancer 10 years ago – but she's fine now – and both my grandmothers had it, too.

**I'm running the Virgin Money London Marathon this year.** I'm sure I will get very nervous and very emotional on the day. After I completed the Brentwood Half Marathon I remember being very teary. It was either pride or just relief that it was finally over.

**I got married last December.** I found that training for the marathon was just what I needed to get me through the post-wedding and January blues.

**I'm no gazelle when I run.** In fact, my mum thinks my running style is simply hilarious – she says I look like Phoebe from *Friends*. I'm all arms and legs.

● **Ellie is running the 2015 Virgin Money London Marathon for Breast Cancer Care ([breastcancercare.org.uk/marathon](http://breastcancercare.org.uk/marathon)). She is also on tour – visit [ellietaylorcomedy.com](http://ellietaylorcomedy.com) for info**



### MY FAVOURITE...



#### Route

When I was in Vienna a few years ago, I went for a run that followed the tourist loop around the city. It was a brilliant way to take in all the landmarks.



#### Music

I often listen to podcasts in the gym, but when I'm outside it has to be an upbeat, poppy track. I like it when Bruno Mars' *Runaway Baby* comes on my playlist.



#### Treats

After my last half marathon I asked for my mum's homemade toad in the hole. The thought of munching through that was what kept me going.



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